

Cherry-Blueberry Smoothie Bowl



Ingredients

1 c frozen dark cherries
1/2 c frozen blueberries
Splash of coconut water~ 1/4 c

Directions

This superfood combo is rich in antioxidants and anti-inflammatory compounds! Choose organic when possible. Blend in a Vitamix or strong blender starting with just a little bit of the coconut water. Use the tamper stick to move fruit around. Periodically add more tea until it's the consistency of soft serve ice cream. Enjoy with fresh berries and your favorite granola!