

Triple Berry Smoothie

Ingredients:

2 cups vanilla soymilk (If you want to reduce the sugar use unsweetened soymilk.)

2 cups frozen berries of your choice (I used strawberries and raspberries.)

1/3 cup baby spinach

2 tablespoons dried goji berries or dried cranberries

Directions:

Put all the ingredients in a blender and mix until smooth. Serve with berries on top. Enjoy!

Tip #1:

Strawberries and spinach are on the EWG or Environmental Working Group “Dirty Dozen List.” This list includes the top twelve fruits and vegetables which have the highest pesticide content. I recommend buying organic for these. The “Clean Fifteen List” is a list of fifteen fruits and vegetables which have a low pesticide content. For these there is no need to buy organic.

Tip #2:

When you see organic strawberries on sale buy a lot and freeze what you don’t need. Frozen strawberries are great for smoothies!!