



THE ELIZA ENERGISER SMOOTHIE

INGREDIENTS

- ½ cup of fresh blueberries
- 1 chopped frozen banana
- ½ cup of water, coconut water or your choice of milk
- 1 tablespoon of chia seeds
- 1 tablespoon of flax seeds
- 1 tablespoon of oats
- 1 teaspoon of almond butter or your choice of nut butter
- 2 fresh dates

INSTRUCTIONS

Pit the dates and then place all of the ingredients into the blender and blend until smooth. If you like it runnier just add more water or milk.

ENJOY!