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Very Berry Breakfast

Start your day off with a bang with this fruit-packed smoothie recipe.

SERVINGS: 2

1 c frozen unsweetened raspberries
¾ c chilled unsweetened almond or rice milk
¼ c frozen pitted unsweetened cherries or raspberries
1½ Tbsp honey
2 tsp finely grated fresh ginger
1 tsp ground flaxseed
2 tsp fresh lemon juice

COMBINE all ingredients in blender, adding lemon juice to taste. Puree until smooth. Pour into 2 chilled glasses.

NUTRITION (*per serving*) 112 cal, 1.5 g fat, 0 g sat fat, 56 mg sodium, 25.5 g carbs, 20 g sugars, 3 g fiber, 1 g protein