

# Anti Aging Mixed Berry Smoothie

Source: Dricoll's

Serves: 1

Ingredients:

- ½ banana
- 1 cup Driscoll's Blueberries
- ½ cup Driscoll's Raspberries
- ½ cup almond milk
- 1 TBSP ground flax seed
- 1 TBSP agave nectar or honey
- 4 ice cubes

Directions:

1. Place fruit, almond milk, flax seed and sweetener in blender and puree until fruit is smooth.
2. Add ice cubes and blend until smooth.
3. Serve cold.

Note: You can also use frozen berries or bananas instead of ice to chill the smoothie.