

Very Berry Smoothie

Ingredients

1. 1 cup Epigamia Natural Greek Yogurt
2. 1 cup Epigamia Pink Guava Greek Yogurt
3. 1.5 cup frozen raspberries
4. 1.5 cup frozen strawberries
5. 1 teaspoon ground flaxseed (powder consistency)
6. Ice

Preparation

1. Add all ingredients in a blender and process until smooth.
2. Add water to lighten consistency, if desired.
3. More berries will make the colour more bright and vibrant.