



Goji Berry Smoothie

2 servings

2 cups strawberries or blueberries or mixed berries

¼ cup goji berries, soaked in 1 cup water

for 30 minutes use water and goji berries

2 large handfuls spinach

1 Tb hemp seeds

1 Tb kelp granules

3 Tb ground golden flax seed

Stevia to taste

Blend all ingredients until smooth

Nutritional Information

Goji berries are actually a complete source of protein—including 19 amino acids and all 8 essential amino acids. What this means is that consuming them is a great way to add protein to your daily snacks or morning smoothies.

- Goji berries contain 2-4 times the amount of antioxidants found in blueberries!
- The goji berry has anti-inflammatory properties.
- Goji berries are a great digestive aid—they draw the digestive juices into the stomach and intestines.