



## Susan's Berry Good Breakfast Smoothie

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*This is one of my "core recipes" for breakfast. The berries are flavorful and packed with antioxidants. The milk, almond butter and nuts provide good protein. I like it thick and sip and spoon it as I enjoy the flavors. You can add more water if you want a thinner beverage.*

### Ingredients:

- ½ cup frozen blueberries
- ½ cup frozen raspberries
- ½ cup warm water
- ½ cup unsweetened almond milk
- ¼ cup pumpkin seeds
- ¼ cup pecans

### Instructions:

1. Add all the ingredients to your blender (I use a Magic Bullet). Process until smooth.

**Servings: 1**

