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## *Coconut Milk Smoothie*

### ***Ingredients:***

- ¼ to ½ cup full fat coconut milk
- ½ banana
- ¼ to ½ cup frozen or fresh berries (strawberries, blueberries, cherries, raspberries)
- If fresh berries are used add 4 – 5 ice cubes
- Squeeze of lemon (optional)
- 1 raw range fresh egg (optional)

### **PREPARATION:**

1. Add ingredients to blender and mix until smooth. An emersion blend can be used instead.
2. Additional water or ice can be added if too thick.
3. To boost the nutritional value add cod liver oil, nutritional yeast, or bee pollen.

Enjoy!