

# Berry Coconut Smoothie

This rich and tasty smoothie is perfect on a hot summer day. Coconut milk lends a rich, creaminess to this smoothie. The coconut water adds an extra boost of nutrients and electrolytes – great for athletes or kids (and adults!) on the go!

## Ingredients

- 1 – 1 ½ cup Frozen mixed berries
- ½ ripe avocado
- 1 – 1 ½ cup Coconut Water
- 3 tsp Coconut Milk

## Directions

- Place all ingredients in a blender and blend until smooth.

## Alternatives

- Top with homemade whip cream made from heavy whipping cream and agave nectar
- Add almonds or gelatin for an extra protein boost
- Add a few drops of stevia for sweetness