



Bobalu Berry Freezer Smoothie Bags

Ingredients:

- 4-5 Sliced berries
- Large scoop of peanut (or almond) butter
- Handful of Fresh spinach or kale
- Freezer bag (or container)

Directions:

Freeze desired number of fresh berries, large scoop of peanut butter and handful of fresh spinach or kale from your produce bin into individual bags. Feel free to use other favorite items that may be sitting in your fridge that may be going bad (carrots, apples, etc) In the morning when making your smoothie, just add a cup of your favorite liquid (milk, almond milk, coconut milk) and blend.