

Blueberry/ Coconut Smoothie

- 4 oz. of crushed ice
 - ¼ cup of freeze-dried blueberry powder (substitute with any berry powder of your choice)
 - ¼ cup of freeze-dried whole blueberries (substitute with any berries of your choice)
 - 8 oz. coconut milk (Made from Coconut Milk Powder)
 - 4 drops of liquid Stevia or 1 teaspoon of Green Stevia herb powder.
1. Put ice and berries in food processor and whiz until chopped fine.
 2. Add coconut milk and Stevia. Then whiz until thoroughly blended.
 3. Add the whole berries, stir and enjoy a healthy berry smoothie.

Variations

1. Grind some [raw cacao nibs](#) into a powder using a coffee grinder, sweeten it with some [raw honey](#) or [muscovado](#), adding liquid (water, [coconut milk](#), or [coconut cream](#)).

