



ANTIOXIDANT SMOOTHIE

Prep time: 50 sec | Serves: 2

INGREDIENTS

- 1 cup pomegranate juice, fresh and unsweetened
- 1 cup frozen blackberries
- 1 cup frozen dried goji berries
- 1 cup of water
- 1 tablespoon flaxseeds

STEPS

01

Combine the ingredients in a blender and blend for 30 to 60 seconds, or until smooth.

02

Pour into glasses and serve immediately, or store in the refrigerator for up to 3 days.

NUTRITION DATA

319 calories | 4.3g fat | 67.3g carbs | 4g protein | 10.1g fiber | 55.6g sugars | 9mg sodium



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Source: Outback Vision Protocol