



BILBERRY AND GRAPE SMOOTHIE

Prep Time: 50 seconds | Serves: 1

INGREDIENTS

- ½ cup fresh or frozen bilberries
- ½ cup fresh grapes
- ¼ cup coconut milk
- 2 tablespoons fresh chopped mint
- Extra mint for garnish

NUTRITION DATA

191 calories | 14.5g fat
15.5g carbs | 2g protein
3.1g fiber | 9.5g sugars
13mg sodium

STEPS

01

Combine the fruit, coconut milk, and chopped mint in a blender.

02

Blend for 30 to 45 seconds until smooth, then garnish with a fresh mint leaf.



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Source: Outback Vision Protocol