

POMEGRANATE SMOOTHIE

SERVES 2

Ingredients

2 tablespoons flax seeds
1 cup pears, diced
1 large banana
¼ cup pomegranate arils
2 cups frozen strawberries
2 teaspoons minced ginger
1 cup ice cubes
1 cups pomegranate juice

Instructions

1. Add flax seeds to blender and blend for 10 seconds.
2. Add remaining ingredients in a blender.
3. Blend for about 90-seconds or until the mixture is smooth.
4. Add more pomegranate juice or ice cubes as needed to achieve a thick and creamy consistency.
5. Divide amongst two serving glasses, top with more pomegranate juice, arils, and diced pears if desired.