

Jill's Joyful Kitchen



Go Go Goji Berry Smoothie

- 1 cup hemp milk
- 1 tablespoon goji berries
- $\frac{1}{2}$ - $\frac{3}{4}$ cup strawberries, frozen
- $\frac{1}{2}$ banana, frozen
- 1 tablespoon hemp seeds
- 1 tablespoon agave nectar (optional for added sweetness)

Place all ingredients in a blender and blend until smooth.

Joyful News:

- ❖ Goji berries can be used in muffins, cakes, cookies, granola
- ❖ Also called “wolfberries” or “lycii berries”
- ❖ Originates from a shrub native to China
- ❖ Full of powerful antioxidants and rich in Vitamin A
- ❖ Goji berries can be steeped in a hot tea beverage