



# Indigo Herbs Natural Health Guide

## Wheatgrass & Berry Booster Smoothie



### Ingredients

- ✦ Handful of strawberries
- ✦ Handful of blueberries
- ✦ 1 tsp of wheatgrass powder
- ✦ 1 tsp acai powder
- ✦ fancy cloudy apple juice to cover

### Method

For a serious punch of nutrients and tasty fruit flavours- mix your ingredients together using a blender or food processor, and enjoy.