



## Recipe Details

Recipe Name - One Minute Smoothie/Sherbert Bowl - Raw, Vegan, WFPB, GF, Nut Free, Soy Free

Recipe Steps -

### Ingredients

- 1 cup frozen mango or fruit of your choice
- 1/2 cup frozen blueberries or fruit of your choice
- 3 Tbsp water

### Instructions

1. place all ingredients into a high-speed blender, and blend until incorporated, about 30 seconds (will be a little chunky, which tastes great)
2. Enjoy!

