



Chat N Chew

Justice League of Immunity

Antioxidant Smoothie

- *Frozen cherries*
- *Frozen peaches*
- *½ avocado*
- *Light almond milk*

Blend cherries and peaches in a blender. Put avocado and almond milk in the blender and blend until the mixture is smooth. Enjoy!

Healthy Living for Wellness of Body, Mind and Spirit

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