

# STRAWBERRY CAULIFLOWER SMOOTHIE

SERVES (1)

Frozen cauliflower in a smoothie adds incredible creaminess without all the sugar of bananas and, paired with fruit and lime, this tastes really good! Even the kids will slurp this down for breakfast or afternoon snack.

## INGREDIENTS

1/2 cup frozen cauliflower  
1/2 cup frozen mango  
1/2 cup frozen strawberries or pineapple  
1/2 cup coconut water  
2 tablespoons unsweetened canned or refrigerated  
coconut milk  
Juice of 1/2 lime

Add-ins:  
goji berries

## METHOD

Combine all ingredients in a high-speed. Blender and blend until smooth. Top with goji berries.