

# Creamy Fruit and Berry Smoothie

1 cup pomegranate juice  
1/2 cup almond milk  
1/2 cup frozen strawberries  
1/2 cup frozen blueberries  
1/2 cup frozen peaches  
1 banana  
2 Tablespoons flax seeds.

Blend until smooth and creamy. Enjoy!

Recipe by Joel Fuhrman from his Eat to Live  
Book

