



## Blackberry Pear Hibiscus



*This smoothie is not only refreshing for these hot summer days, but it's also an inflammation buster, digestion booster, skin tonic, and anthocyanin-rich.*

### Ingredients

- 1 medium organic pear (Packham, Anjou, Bartlett...), seeds removed
  - ½ cup organic fresh or frozen blackberries
  - Handful organic spring mix leafy greens
  - 3 sprigs organic fresh mint leaves (remove from stems)
  - ¼ avocado OR ½ small banana
  - 1 serving unflavoured/plain or vanilla plant-based protein powder
  - 1 Tbsp. organic whole or freshly ground chia seeds
- 1 serving plant-based omega oil
  - 1 cup chilled hibiscus tea
  - *Optional add-ins:* ½ tsp. matcha tea (green or black); 1 serving berry or vanilla greens powder; 1 serving whole-food powder multivitamin such as Prandin A-Z; 2-4 ice cubes if not using frozen fruit

Prepare the tea either the night before by cold-brewing it (fill a jar with 1 cup cold water, swirl the tea into it, and cover, letting steep in the fridge overnight or at least an hour) or flash-chilling it (fill a jar with ¾ cup hot water, steep tea for 10-15 minutes, then pour over or add several ice cubes until cool – this method may produce extra tea).

Add all ingredients to your blender and process until smooth.