



A blog by California Giant Berry Farms



Prep Time

5 Mins



Total Time

10 Mins



Servings

1



Calories
per serving

517

Toasted Coco-Berry Smoothie

Ingredients

2/3 cup toasted coconut flakes

1/2 cup Cabot yogurt

2 Natural Delights Medjool Dates, pits removed

1/2 banana

1 cup California Giant strawberries, stems removed, frozen

Instructions

In a blender, blend the toasted coconut flakes so that they are powder like.

Next, add the yogurt, dates, banana, and strawberries and blend until smooth.

Top with fresh strawberries and toasted coconut flakes and enjoy!

