



SARAH JETT RAYBURN

FINAL BRAIN
FREEZE

This can be enjoyed as a meal, a non-alcoholic shot, or a dessert. This makes a huge blender full of smoothie, about 64 ounces. Share it with party guests or the whole family!

INGREDIENTS:

- 1 LARGE MANGO, PEELED AND CUT IN CHUNKS
- $\frac{3}{4}$ CUP OF FRESH RASPBERRIES
- 6 FRESH STRAWBERRIES
- 1 $\frac{1}{2}$ CUPS OF SHREDDED CARROT
- 3 CUPS OF SPINACH
- 1 CUP OF UNSWEETENED VANILLA ALMOND MILK
- 1 CUP OF OLD-FASHIONED ROLLED OATS
- 1 CARTON OF GREEK YOGURT
(RASPBERRY ON THE BOTTOM)
- 5 CUPS OF FROZEN BLUEBERRIES

1. Prepare the ingredients; then drop mango, raspberries, strawberries, carrot, spinach, and milk into your blender.
2. Blend well.
3. Now add the old-fashioned rolled oats and Greek yogurt (raspberry on the bottom).
4. Blend.
5. Add frozen blueberries.
6. One final blend.