

Berry Smoothie

The next time you go hard, reward yourself with this creamy, restorative treat. It's loaded with nutrients, antioxidants and a sweetness that tastes more like something for cheat day than core day. It's actually good for you and you can dial things up or down for flavor and nutrition. If you want less concentrated sugar, use fewer dates or substitute ripe banana. If you're looking for more minerals, add spinach or baby kale (as long as you don't mind it turning from purple to brown). Almonds are powerhouses, and the sprouted version has even more nutritional value because it's easier for the body to absorb. The chia seeds will thicken as this sits, so drink it quickly or grab a spoon and call it pudding.

And by the way, the leftovers (if you have any) are ridiculously good when stirred into oatmeal or yogurt.

See Cook's Notes on frozen fruit and chia seeds.

Ingredients

2 cups blueberries
10 almonds, preferably sprouted, about 1 tablespoon
1 teaspoon chia seeds
1/4 teaspoon ground cinnamon
1/2 cup coconut milk, stir to blend if separated
3 pitted dates, chopped
6 ice cubes

Directions

Put everything in the blender and buzz it up. Drink it right away before the chia seeds turn it into a pudding. And if that happens, just stir it into oatmeal or yogurt.

Cook's Notes

You can substitute frozen berries, but you may need water instead of ice. Blend everything else first and then decide whether you need to add anything.

Chia seeds — an ancient source of nutrition from Mexico — are more recently popular as a nutrient-dense “superfood.” They hold 10 times their weight in liquid, which is why they thicken up like pudding.

total time: 10 minutes

active prep: 10 minutes

serves: 2

difficulty: *easy*