

## Very Berry Loaded Breakfast Jars

### Ingredients:

- 1 banana, sliced and frozen
- 1 cup frozen mixed berries
- ½ cup ice cubes
- 1 cup milk of choice
- ½ tbsp honey
- 1 tbsp Robertsons Pure Hemp Seed Powder
- 1 cup fresh mixed berries
- 1 cup yoghurt per jar
- ¾ cup granola per jar

Yield: 2 Breakfast Jars

### Method:

1. Place the banana, frozen mixed berries, ice cubes, milk of choice, ice cubes, honey and Robertsons Pure Hemp Seed Powder into a blender and blend until smooth. Add more milk as needed to reach your desired consistency.
2. Divide the fresh mixed berries, yoghurt and granola evenly between two jars.
3. Fill both jars with the berry smoothie mixture and garnish with remaining blueberries, strawberries, granola.
4. Serve with a paper straw and & ENJOY!