

Frozen Berry Lemonade

From Beautiful Smoothie Bowls by Carissa Bonham

3 cups frozen raspberries (cherries or mixed berries work, too)

1 lemon, peeled with large seeds removed

1 cup coconut water

2 Tb agave syrup

Process until smooth. Serve as a smoothie bowl or freeze for dessert. Defrost after frozen for about 10 minutes before serving.