**Pomegranate Smoothie**

Prep time: 5 min Cook time: 0 min

**Ingredients:**

* 1 cup pomegranate seeds
* ½ cup berries (blueberries, strawberries)
* 1 banana
* ½ cup almond milk
* 1 cup yogurt
* 4-5 fresh mint leaves
* ½ tsp cinnamon powder
* 1 tsp chia seeds
* ½ tsp flax seed powder
* Honey to taste

**Instructions:**

* Blend everything in a blender and serve chilled