**Antioxidant Shake**

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This antioxidant shake is packed with healthy ingredients to give your body the right boost it needs after waking up from its 6-10 hour fast. Getting the right type of energy into your body starting first thing in the morning can help regulate your metabolism and energy levels throughout the entire day.

**Ingredients:**

1/2 cup coconut milk

1/4 cup cold water

1/2 frozen banana

1/2 cup frozen raspberries

1/2 cup frozen blueberries

1 tbsp chia seeds

**Directions:**

1. In a large cup (if using an immersion blender) or a blender, combine ingredients and blend until smooth. Add more water if necessary to reach desired consistency. Serve immediately.

