Strawberry Cheesecake Smoothie

Ingredients
1 cup strawberries
1 cup almond or coconut milk
3 tablespoon organic oats
1 tablespoon chia seed
1 tablespoon cashews
1 teaspoon raw apple cider vinegar
1 teaspoon lemon juice
1/2 teaspoon vanilla
Stevia, to taste (a few drops)

Directions
1. To be made the night before you plan on eating it, or at least 4 hours in advance. Combine all ingredients in a glass container (I like to use mason jars and give it a quick shake) and place in the fridge overnight.
2. In the morning, pour ingredients into blender and process until smooth.
3. Top with extra cashews and strawberries
Preparation Guide
This guide will ensure that you have everything you need to make a successful meal, before you begin cooking. Start by reviewing the checklist below and mark off any equipment or ingredients that you already have stocked in your fridge, freezer or pantry. Then, take this guide with you to the grocery store for a simple shopping list.

Equipment
☐ Colander, for washing strawberries
☐ Knife, for removing strawberry stems and cores
☐ Measuring cups
☐ Measuring spoons
☐ Glass container (for example, a large Mason jar)
☐ Blender

Grocery List
☐ 1 pound strawberries (you will have leftovers)
☐ 1 ounce cashews
☐ 1 ounce chia seeds
☐ Almond or coconut milk (1 cup)
☐ Organic oats (3 tablespoons)
☐ Vanilla (1/2 teaspoon)
☐ Raw Apple Cider Vinegar (1 teaspoon)
☐ Lemon juice (1 teaspoon)
☐ Stevia (to taste, a few drops)

*Optional ingredients