

BERRY BLISS SMOOTHIE

Ingredients:

- *1/2 cup strawberries (fresh or frozen)*
- *1/2 cup blueberries (fresh or frozen)*
- *1/2 banana*
- *3/4 cup almond milk (or milk of choice)*
- *1 tablespoon honey (optional)*
- *Ice cubes if using fresh berries*

Instructions:

- Blend strawberries, blueberries, banana, and milk until smooth.
- Add honey for extra sweetness if desired.
- Pour into a glass and enjoy the fruitfulness of God's goodness!



Devotional Thought:

God's wisdom doesn't just grow knowledge — it grows fruit.

When you walk with Him, the evidence isn't just in what you know — it's in who you become: Joyful. Peaceful. Kind. Gentle. Faithful. Just like a berry smoothie is bursting with goodness, your life can overflow with the beautiful fruits of the Spirit.

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." — Galatians 5:22–23 (NIV)