

Balanced Blueberry Smoothie



The Ingredients

- 1 cup of blueberries (fresh or frozen)
- 1-2 cups of unsweetened coconut milk (If you choose to skip the protein powder, we recommend using soy milk for added protein)
- ½ banana
- 2 tablespoons of peanut butter
- 2 cups of spinach
- 1 teaspoon of chia seeds

Directions

- Add everything to a blender and press go!
- Start with 1 cup of coconut or soy milk and add more as needed.
- Optional: Add 1-2 scoops of protein powder and ice (as needed for desired consistency).