

BLUEBERRY ALMOND GREEN SMOOTHIE

A smoothie is a super healthy way to start the day, especially for someone like me who doesn't have a big appetite in the morning. This one is packed with protein, good fiber, and Omega-3's and 6's.

INGREDIENTS

1 cup almond milk
1 cup fresh or frozen blueberries
1 cup greens (spinach or kale)
2 tbsp almond butter
1 tbsp chia seeds
Handful of ice if you want it cold and frothy

METHOD

Add all the ingredients to a blender. Start on low speed, slowly increasing to high. Blend until smooth.

Add-on's: You could add one (or more) of the following: 1/2 banana, 1 tsp vanilla or almond extract, 1 medjool date , a couple drops of liquid stevia.

