

# Balanced Blueberry Smoothie

Servings: 1

Prep Time: **5 min**



## 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)
- 1/2 banana
- 2 tablespoons of peanut butter
- 2 cups of spinach
- 1 teaspoon of chia seeds

## INSTRUCTIONS

- 1 Add everything to a blender and press go! Start with 1 cup of coconut or soy milk and add more as needed (depending on the blender, you may need the additional liquid for it to blend smoothly).

## Variations

Optional: Add 1-2 scoops of protein powder and ice (as needed for desired consistency)



Grab a  
boost of  
**blue**