

BLUEBERRY AVOCADO BANANA SMOOTHIE

YIELD: 1 large or 2 small smoothies

PREP TIME: 5 minutes

TOTAL TIME: 5 minutes



Ingredients:

1/2 cup Almond Breeze Almond milk
Unsweetened Vanilla
1 cup fresh spinach
1 medium ripe banana, peeled
1/2 ripe avocado, peeled and pitted
2 cups frozen blueberries
1 tablespoon ground flaxseed meal
1 tablespoon almond butter
(or whole almonds if you have a very high-powered blender that will ensure the mixture is smooth)
1/4 teaspoon cinnamon



With antioxidants and healthy fats from spinach, avocado, and flax, this vegan smoothie promotes glowing skin.

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Directions:

Place all the ingredients in your blender in the order listed: almondmilk, spinach, banana, avocado, blueberries, flaxseed meal, and almond butter. Blend until smooth. If you'd like a thicker smoothie, add a small handful of ice. For a thinner smoothie, add a bit more almondmilk. Enjoy immediately.

Nutrition Information

Serving Size: 1 (of 2)
Amount Per Serving:
Calories: 283 Calories
Total Fat: 13g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 60mg
Carbohydrates: 42g
Fiber: 11g
Sugar: 23g
Protein: 6g

Recipe by WELL PLATED BY ERIN

