BLUEBERRY AVOCADO BANANA SMOOTHIE

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.

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