



Blueberry Vanilla Smoothie



PREP TIME:
5 MINUTES

COOK TIME:
N/A

TOTAL TIME:
6 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4-6 Servings

Ingredients:

- 1 ½ - 2 Cups Ice (add more for thicker smoothie)
- 2 Cups Unsweetened Vanilla Almond Milk
- 3 TBSP Hemp Seeds
- 2 TBSP Almond Butter
- 2 TBSP Chia Seeds
- 5 Medjool Dates – Pitted
- 1 Banana
- 1 Cup Frozen Blueberries
- 2 TBSP Coconut Cream
- 1 Teaspoon Pure Vanilla Extract
- **OPTIONAL:** Add 1 ½ Cups Organic Spinach, Kale or Leafy Green of Choice

Instructions:

1. In large blender (Vitamix/Ninja/Etc.) – add ice and then milk.
2. Add remaining ingredients.
3. Blend on high for about 1 minute. Can blend longer for creamier smoothie. Pour into glass and enjoy.

***Try and use all organic ingredients if possible.**