

RECIPE

Blueberry Banana Blast Smoothie



Ready in **5 minutes**

Serves **1-2 people**



Ingredients

- ½ frozen banana
- ½ cup frozen blueberries
- ¼ frozen avocado
- ½ cup kale
- 1 tbs hemp seeds
- 2 tbs almond butter
- 1 tbs ground flaxseed
- 1 cup water

Preparation

1. Put all ingredients into a blender and blend.
2. Enjoy this powerful combo of fiber and antioxidants!

Tips

You may need to add more water to achieve desired consistency. You can swap out almond butter for other types of nut butters.