



Blueberry Banana Avocado Smoothie

Adapted from: wellplated.com

YIELD: 1 large or 2 small smoothies

PREP TIME: 5 minutes

TOTAL TIME: 5 minutes

Ingredients:

- ½ cup Almond Milk (homemade is best – see recipe)
- 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
- (Optional) 1 Tbsp. Almond Butter

Directions

1. Place all the ingredients in your blender in the order listed: almond milk, 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 almond milk. Enjoy immediately.