

Blueberry Detox Smoothie

5 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

More Protein

Add protein powder, hemp seeds or nut butter.

Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

Prep Ahead

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Ingredients

- 2 cups** Frozen Blueberries
- 2 cups** Baby Spinach
- 2** Banana (peeled, chopped and frozen)
- 2 tbsps** Chia Seeds
- 2 cups** Unsweetened Almond Milk