BLUEBERRY AVOCADO BANANA SMOOTHIE

Ingredients
• ½ cup Almond Breeze Almond Milk Unsweetened Vanilla
• 1 cup fresh spinach
• 1 medium ripe banana, peeled
• ½ 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)
• ¼ teaspoon cinnamon

Yield: 1 large or 2 small smoothies
Prep Time: 5 minutes
Total Time: 5 minutes
Directions:
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.

Nutrition Facts:
Serving Size: 1 (of 2)
Amount per serving:
Calories: 283
Total Fat: 13g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 60mg
Carbohydrates: 42g
Fiber: 11g
Sugar: 23g
Protein: 6g