

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



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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

