Breakfast

Blueberry Spinach Breakfast Smoothie

Frozen blueberries, banana, and baby spinach are blended with unsweetened almond milk into a thick, creamy smoothie. It comes together in about five minutes and makes two glasses.



Vegan | Gluten free | Dairy free

5 min	120	28 g	15 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 cup unsweetened almond milk
- [ ] 1 cup frozen blueberries
- [ ] 2 cup baby spinach
- [ ] 1 med banana(s)

Method

- [ ] **1** Pour the unsweetened almond milk into a blender.
- [ ] **2** Add the frozen blueberries, baby spinach, and banana to the blender.
- [ ] **3** Puree until the mixture is smooth and thick.
- [ ] **4** Divide between two glasses and serve right away.

Nutrition Facts

Per serving

Calories	**120**
Total fat	1.5 g
Saturated fat	0 g
Sodium	115 mg
Total carbs	28 g
Fiber	4 g
Total sugars	15 g
Protein	2 g

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