

Balanced Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries

Use any type of frozen berry instead.

Can't have almonds?

Any unsweetened nut or soy milk will be ok, you want to avoid oat milk. Any unsweetened nut butter is ok.

Ingredients

3/4 cup Frozen Blueberries (or any frozen berries)

1 cup Baby Spinach (or any greens)

1 serving Vanilla Vegan Protein Powder (20-30gr protein)

1 tbsp Rice Bran (or ground flax)

1 tbsp Hemp Seeds

2 cups Unsweetened Almond Milk (or any unsweetened nut milk)