



Blueberry Avocado Protein Smoothie

2 servings

2 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Water
- 1/2 cup Frozen Blueberries
- 2 pieces Avocado (Frozen)
- 1/2 cup Mixed Greens (Or use one scoop greens in powder form)
- 2 tbsps Ground Flax Seed (Or use ground chia or hemp hearts)
- 2 tbsps All Natural Almond Butter
- 1/3 cup Vanilla Protein Powder
- 2 Ice Cubes (If needed)

Nutrition

Amount per serving	
Calories	223
Fat	12g
Carbs	12g
Fiber	4g
Sugar	5g
Protein	19g
Cholesterol	3mg
Sodium	114mg
Potassium	232mg
Vitamin C	2mg
Calcium	333mg
Iron	1mg
Vitamin D	50IU
Folate	22µg
Vitamin B12	0.4µg
Magnesium	70mg
Zinc	1mg

Directions

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

Notes

No Flax Seeds: Use chia seeds or hemp hearts instead.

No Avocado: Use additional almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries. *Note this will add additional carbohydrates per serving.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.