



Almond Blueberry Smoothie

Start your morning with this anti-oxidant almond berry smoothie.

Ingredients:

6 fl oz unsweetened almond milk (or milk of choice)
½ banana
1 tbsp raw almonds
2 Medjool dates, pitted (optional)
¼ cup frozen blackberries
1 cup frozen blueberries

Instructions:

Add ingredients to blender jar in order listed and secure lid. Blend on a Medium speed for 40-50 seconds.

Nutritional Information:

- Servings: 2
- Servings size: 7 fl oz
- Calories: 180 kcal
- Carbohydrates: 38 g
- Sugar: 28 g
- Protein: 3 g
- Fat: 4 g
- Saturated Fat: 0 g
- Fiber: 6 g
- Sodium: 65 mg
- Cholesterol: 0 mg