



Blue Moon

Ingredients:

½ avocado
1 cup almond milk light
1 cups pineapple chunks, fresh or frozen
1 cups frozen blueberries
2 cups spinach
1 tablespoon ground flax seed
1/2 - 1 cup water to blend

Instructions:

Blend all ingredients except water in a high-powered blender until smooth. Adjust water to achieve desired consistency

Nutritional Information:

- **Servings: 2**
- Calories: 182 kcal
- Fat: 7g
- Saturated Fat: 0.5g
- Cholesterol: 0 mg
- Sodium: 116mg
- Carbohydrates: 30g
- Fiber: 7g
- Sugar: 18g
- Protein: 4g

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