

Blueberry Smoothie

Prep time: 5 min

Serves: 2

INGREDIENTS

1 ½ to 2 cups of water or vanilla almond milk

1 ½ cup of frozen blueberries

1 ½ cup of frozen bananas

¼ cup of almond butter

Combine all ingredients in a blender

Blend at highest speed until the smoothie is creamy and smooth, then serve



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	390
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 47g	17%
Dietary Fiber 9g	32%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	