

# BLUE-GREEN SMOOTHIE

Servings: 1 person



## INGREDIENTS

**1 cup** Unsweetened Cashew Milk

A handful of chopped Kale

**1 T** Almond Butter

**1/2 cup** Frozen Blueberries

½ of a Banana

1 scoop Protein Powder of choice (we used Vega, vanilla flavored)

## INSTRUCTIONS

1.) Pour milk into blender first, then add the protein powder and the rest of the ingredients. Blend and enjoy!

2.) If you want to make it thicker and creamier be sure to freeze the banana several hours prior to blending it.