



blueberry banana breakfast smoothie

Looking for the perfect breakfast blend? This protein and fruit-packed Blueberry Banana Smoothie has it all.

SERVES: 1

ingredients

- 1 cup frozen blueberries
- 1 small ripe banana
- 1 cup unsweetened almond milk
- ½ cup plain yogurt
- 1 tbsp honey
- ½ tsp vanilla extract

directions

1. Using a blender, combine blueberries, banana, almond milk, yogurt, honey and vanilla extract.
2. Blend on high until slushy and well combined. Pour into a tall glass.



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& lisa gnat

