



Creamy Blueberry Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbs Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 324 |
| Fat | 9g |
| Saturated | 3g |
| Trans | 0g |
| Polyunsaturated | 1g |
| Monounsaturated | 0g |
| Carbs | 41g |
| Fiber | 14g |
| Sugar | 17g |
| Protein | 25g |

Directions

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Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.