



#### **4. BLUEBERRY GREEN BALANCE**

Antioxidant-rich, lightly sweet

##### Ingredients

- 2 cups spinach
- $\frac{3}{4}$  cup frozen blueberries
- $\frac{1}{2}$  banana (optional; use before 6 PM)
- Water or coconut water to 32 oz

##### Why it works:

Blueberries mask greens beautifully without sugar spikes.