

Blueberry Avocado Power Smoothie

Prep Time: 5 minutes

Servings: 1 large smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1/2 cup plain Greek yogurt or unsweetened dairy-free yogurt
- 1/2 cup frozen blueberries
- 1 cup fresh spinach
- 1/4 avocado
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseed
- 1 tablespoon almond butter
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1 scoop unsweetened protein powder, optional
- 4–6 ice cubes
- Water as needed for desired consistency

Instructions

Add all ingredients to a blender.

Blend until smooth and creamy, adding a small amount of water if needed.

Serve immediately.