



BLUEBERRY POWER SMOOTHIE

This vegan smoothie is loaded with B vitamins, Calcium, Potassium, and Vitamin D! Be sure to find a fortified almond milk that is low in sugar! If you don't have almond milk on hand, no problem! You can sub any type of milk you prefer!

Yield: 1 smoothie

Ingredients:

- 2 cups **almond milk** (or any type of milk)
- ¼ cup **frozen blueberries**
- ½ **banana**

Instructions:

1. Toss all ingredients into blender and blend until smooth. For a thicker smoothie, add additional blueberries until the smoothie reaches your desired consistency.

Per Serving: Calories 230, Saturated Fat 0g, Sodium 188 mg, Carbohydrate 50g, Sugar 30g

This recipe is featured in "Cooking with Yvette".