



Smoothie™ Altheas

INSPIRED

BLUEBERRY SMOOTHIE

Plant Inspo: Blueberry Smoothie™ Althea
Difficulty Level: Beginner

Ingredients:

- 1 cup Frozen Blueberries
- ½ cup Coconut Milk
- ½ cup Greek Yogurt (plain, vanilla, blueberry, or mixed berry)
- 1-2 tsp. Almond Extract (or other optional mix-ins/toppings)

Instructions:

1. Add frozen blueberries, coconut milk, and your choice of greek yogurt into a blender

2. Blend on HIGH until smooth

Note: Additional coconut milk may be needed to help blend ingredients together and/or for a more ideal consistency.

3. Add almond extract and blend

****Optional mix-ins & topping recommendations:**

- 2 tbsp. Chia Seeds
- 2 tbsp. Flax Meal
- 1-2 tsp. Vanilla Extract
- 1-2 tbsp. Peanut Butter/Almond Butter
- Shredded Coconut
- Protein Powder
- Mint Garnish



 Garden Debut®

