

# 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 tbsp Chia Seeds  
1 Lemon (small, juiced)  
1 cup Water

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	324	Carbs	41g
Fat	9g	Protein	25g