

# Blueberry Detox Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Blueberries  
2 cups Baby Spinach  
2 Banana (peeled, chopped and frozen)  
2 tbsps Chia Seeds  
2 cups Unsweetened Almond Milk

## DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	280	Carbs	53g
Fat	8g	Protein	6g