

Blueberry Avocado Detox Smoothie

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INGREDIENTS

- 1/8-1/4 avocado
- 1/4 cup of frozen blueberries
- 1 1/2 tsp of chia seeds (soak in water overnight or 15 minutes prior)
- 1 1/2 tsp almond butter
- 1 1/2 tsp pumpkin seeds (soak overnight or 15 minutes prior)
- 1 tsp of MCT (or coconut) oil
- 1 cup of spinach or kale
- 1 serving of unflavored or vanilla protein powder (collagen, plant based, or whey)
- 1/2 cup of coconut milk or any nut milk
- 1/4 cup of water (more to thin)

Serves 1

PREP

Place all ingredients in a high speed blender and mix until smooth.

