

BLUEBERRY AND SPINACH SMOOTHIE

When most people think of smoothies, they think of making all fruit drinks. But smoothies are a great vehicle to pack in vegetables and add antioxidants, vitamins and minerals, all nutrients that help the liver eliminate harmful substances. If you are not used to adding greens to a smoothie, don't worry, you won't even know that they're there.



Servings: 2 Serving Size: 1 cup

Ingredients:

- » 1 cup almond, coconut, or rice milk
- » 3/4 cup frozen blueberries
- » 1 medjool date, pitted
- » 1 T. ground flax seeds
- » 1 scoop protein powder
- » 1-2 handfuls of spinach or kale

Directions:

Blend all ingredients until desired consistency. Add a little water if a thinner consistency is desired.