

Blueberry Banana Smoothie

Makes 1 8oz smoothie

In this smoothie, I use almond milk but feel free to use any milk you like. The almond butter adds great flavor, protein, and healthy fats. I also love to add a few slices of fresh ginger to my blender. It adds a little spicy sweetness that totally transforms the flavor. You don't even have to peel it. If you like ginger, give it a try!

Directions

Add all the ingredients to your blender and blend until smooth. Add a little more milk or water if your blender is struggling.

Drink right away or refrigerate and drink within the same day. These could be frozen in a popsicle mold if that sounds better while you are healing.

I usually use frozen fruit which makes the smoothie cold and creamy without having to add ice cubes which would water down the flavor. I either buy it frozen or freeze my own. If you don't have frozen fruit you can use fresh but I would add a few ice cubes and your smoothies will be a little larger. ■

Ingredients

1/4 frozen banana

1/3 cup frozen blueberries

1/2 cup almond milk

1 tbsp almond butter

1 scoop plain protein powder unsweetened

2-4 slices fresh ginger (optional)