



BLUEBERRY SPINACH SMOOTHIE

Getting our fruits and veggies doesn't have to be complicated! This recipe makes 2 servings! I love when I open the fridge and see another serving sitting in a Mason jar waiting for me 😊

1 cup frozen blueberries

1 cup spinach

1/2 avocado (if you have it...not essential though)

1 cup almond milk

1 - 2 tbsp chopped ginger or use a micro grater, depending on how much ginger you like

Ice

Toss it all in a blender and blend it up. If you like a little sweetness, put a dash of honey in it.

RECIPE BY LAURIE TUCKER