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## Blueberry Protein Smoothie

Makes 1 servings active time: 5 min total time: 5 min

### Ingredients

- 1C. Unsweetened Coconut Milk
- 1 Large Handful Fresh Spinach
- 1 Scoop Phood Protein Powder
- 1 Scoop Vegan Protein Powder
- 1/2 C. Frozen Blueberries

### Directions

Add all ingredients to mixing cup (in the order listed above). Blend until smooth with Stick Blender.  
Add a straw and drink!



### Notes

You can substitute any frozen berry and also use only one of the protein powders listed above, just use 2 scoops if you do.