

Revitalizing Blueberry Smoothie:

- 1 cup organic almond milk
- 1 cup organic blueberries
- 1-2 TBSP organic shredded coconut
- 1 tsp organic coconut palm sugar
- 2 TBSP chia seeds
- 1 banana (optional)
- 1 sprig of fresh mint (3-4 inches including stem, should have 2 clusters of leaves!)
- 2 cups of ice

Blend in high power mixer to smoothie consistency...ENJOY~!

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