

Vienna's Blueberry Smoothie

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1/2 cup Frozen Blueberries
- 1/4 cup Coconut yogurt
- 1 tbsp ground flax
- 1 tbsp hemp hearts
- Small handful fresh spinach
- Pinkie size fresh gingerroot
- Goat milk or nut milk to desired consistency

Instructions:

1. I actually never measure anything so these are approximations. It yields a couple of smoothies so I just refrigerate what's left over for another meal. If I've added chia seeds then when I give her leftovers I add a bit more liquid because it will have become jello-like after a few hours.

Notes:

I use all organic ingredients.