

Celery Blueberry Smoothie

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 3-4 stalks celery
- 1 cup wild blueberries (frozen works too!)
- Half a cucumber (skin on)
- 1 cup spinach or romaine lettuce
- 2 Medjool dates, pitted
- 1-2 tbsp almond or sunflower butter for nut free
- 1-2 tbsp coconut butter (manna) or 2 tbsp unsweetened shredded coconut
- 4 tbsp hemp hearts
- Optional: 1 scoop collagen powder
- Non-dairy milk to desired consistency

Instructions:

1. Place all ingredients into blender. Blitz until creamy. Enjoy right way.

Notes:

Serves 1-2