

Blueberry Bliss Smoothie Recipe



Mornings at our house start pretty early. And it's zero to 60 mph right away. The kids are up. Chelsea and I are trying to fit in workouts. We're checking email and starting the workday. And everyone wants something yummy to fill hungry tummies.

This smoothie is a winner all around. The whole family loves it, and it's an easy way to get each of us a serving of energizing greens, healthy fats, vitamins and minerals, and antioxidants in a tasty breakfast that we can enjoy in the midst of everything else we have going on. You can easily double or triple the recipe to feed a crowd.

*Watch for my blog post on Thursday: **How to Have the Energy to Keep Up with Everything.***

If you're looking for a morning shortcut without the junk in most convenience breakfasts, give this smoothie a try. And let me know what you think over on [Facebook](#).

BLUEBERRY BLISS SMOOTHIE

Ingredients [Serves 1]

- 1 large handful greens (spinach, kale, etc.)
- 1 cup blueberries, frozen
- 1 banana, frozen
- 1 tbsp. raw almond butter
- 1 tsp. cinnamon
- 1 cup unsweetened coconut milk
- 1 tbsp. chia seeds

Directions

Blend and enjoy!

GET OFF YOUR ACID!
Dr. Daryl

