



## Blueberry Avocado Smoothie

SERVINGS: 2

PREPPING TIME: 10 MIN

TOTAL TIME: 10 MIN

This Blueberry Avocado Smoothie is easy, delicious and full of antioxidants and great for breakfast, brunch or a healthy snack. Its Vegan and low carb.

### Ingredients

- ½ cup wild blueberry frozen
- ½ medium avocado
- 1 cup unsweetened almond milk
- 1 tablespoon almond butter (or peanut butter)
- 1 tablespoon ground flax meal
- Mint for garnish

### Directions

1. Add all the ingredients into a blender and blend until smooth. You can also use a High-speed blender like Vitamix Blender as it makes a super smooth smoothie in few seconds
2. Garnish with some blueberries and mint.
3. Serve immediately.