

Blueberry Basil Smoothie

Serves 1

Ingredients:

- 1-2 cups non-dairy milk
- 1 scoop vanilla protein powder
- 1 tsp - 1 tbsp MCT oil (work your way up over time)
- 1 tbsp ground flax
- handful fresh basil
- handful fresh kale or spinach
- 1 cup frozen blueberries
- Optional: add some extra superfood powders of your choosing

Directions:

1. Add all ingredients to a blender in the order listed.
2. Blend until smooth.