



M.Y. SMOOTHIE

Ingredients

- 1/2 cup of blueberries
- 1/4 avocado (or more depending on the size)
- 1 cup coconut milk or almond milk
- 1/4 cup water or so
- 2 scoops of Vanilla Clean Lean Protein (or your favourite protein powder)
- A handful of greens
- 1 Tbsp olive oil or flax oil
- 1 Tbsp peanut butter (optional)

Instructions

Combine in a high speed blender and enjoy.

Recipe by Michelle Yandle