

Blueberry Banana Shake Recipe

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Blueberry Banana Shake

A delicious way to add in some antioxidants to your day with this blueberry banana shake. But that's not all it adds...get in your full serving of veggies too!

Prep Time: 5 mins Servings: 1

What You'll Need:

Fresh or Frozen Blueberries 1/2 Cup

Banana 1/2 banana

Almond Milk 1/2 Cup

Crushed Ice 1/2 Cup

Field of Greens 1 Scoop

Follow These Simple Steps:

1. Place all the ingredients into a blender
2. Blend until smooth
3. Enjoy!

NOTES:

Go ahead and garnish! Add a wedge of lime, zest of orange, or add a few blueberries on top to make it a beautiful and nutritious shake.

NUTRITIONAL FACTS

Serves: 1

Calories Per Serving: 133

Protein 2g

Fat 2g

Carbohydrates 31g

Sodium 6mg

LET'S SEE YOUR RESULTS! Tag [@brickhousenutrition](#) on Instagram!