

SUNSHINE SMOOTHIE

1 ¼ cup Macadamia,
Almond or other Milk
½ cup Blueberries, frozen

¼ cup Raw Almonds
1 Tbsp. Cashew or Almond
Butter

1 scoop Protein Powder
2 whole Dates

INSTRUCTIONS

1. Add all ingredients into a blender and pulse until fully combined.
2. Feel free to make according to taste or make in a large batch to enjoy over the next few days.

RECIPE SERVES 1 TO 2

