

Lemon low-glycemic blueberry smoothie

INGREDIENTS

2 cups water
2 cups wild blueberries
1 large handful parsley
Zest of 1 lemon
Juice of ½ a lemon
1 Tbsp. flax meal
1 knob fresh ginger, about the size of a small adult thumbnail
1 tsp. cinnamon
1 tsp. vanilla
20 drops vanilla liquid stevia
¼ cup Brazil nuts

Optional:

1 Tbsp. maca root powder
ice

PREPARATION

Place all ingredients in a high-speed blender (such as Vitamix, NutriBullet, or BlendTec) and blend on high until creamy and smooth. This smoothie is on the more liquid side, so be sure to add ice if you'd like it a bit more slushy-like.

With a less powerful blender, be sure to chop the parsley. Also, add ingredients and blend, one at a time, until all ingredients are liquefied.

1-2 servings

