

## Blueberry Dragon Power Smoothie [2-3 Servings]

2 Cups Unsweetened Vanilla Almond Milk

\*1 Cup Frozen Blueberries

\*½ Cup Fresh or Frozen Dragon Fruit [Available at Whole Foods]

1 Scoop Vanilla Protein Powder

Optional: ¼ cup Fresh Spinach

1 TBSP Almond Butter

1 TBSP Ground Cinnamon

1 tsp. Ground Cloves

1 tsp. Turmeric Powder

1 tsp. Ground Flaxseed Meal



Add ½ cup of Greek Yogurt for extra protein and creaminess.

For a thicker consistency, add more frozen fruit or ice.

For a thinner consistency, add more almond milk.

Place everything in a blender until smooth. Enjoy!

\***Blueberries** have been shown to **protect against heart disease and cancer, and can also help maintain bone strength, mental health, and healthful blood pressure.** Blueberries contain a plant compound called anthocyanin. This gives blueberries both their blue color and many of their health benefits.

\***Dragon Fruit** is packed with nutrients and antioxidants including Vitamin C and magnesium and has numerous health benefits, including a good source of fiber and a LGI [low glycemic Index]. It also supports a strong immune system.