

BLUEBERRY BANANA GLOW SMOOTHIE

Ingredients:

For the smoothie:

- 1 ripe banana, sliced
- 1 cup fresh or frozen blueberries
- 1 cup milk of your choice (almond milk, coconut milk, or dairy milk)
- 1/2 cup plain or vanilla yogurt (optional, for creaminess)
- 1/2 teaspoon blue spirulina powder
- 1 tablespoon chia seeds or flaxseeds (optional)
- 1/2 teaspoon vanilla extract (optional)
- Ice cubes (optional for a thicker texture)



Optional toppings:

- Fresh blueberries
- Banana slices
- A sprinkle of chia seeds or coconut flakes



Instructions:

Step 1: Prepare the Ingredients.

Rinse the blueberries if using fresh, or measure them directly if frozen. Slice the banana and gather all remaining ingredients so everything is ready for blending.

Step 2: Blend the Ingredients.

In a blender, combine the banana, blueberries, milk, yogurt (if using), blue spirulina powder, chia seeds or flaxseeds, and vanilla extract. Blend on high speed until smooth and vibrant in color. For a thicker consistency, add ice cubes and blend again until creamy.

Step 3: Taste and Adjust.

Taste your smoothie and adjust as needed. Add a small amount of honey or pure maple syrup if you prefer additional sweetness. Blend briefly if any adjustments are made.

Step 3: Taste and Adjust.

Taste your smoothie and adjust as needed. Add a small amount of honey or pure maple syrup if you prefer additional sweetness. Blend briefly if any adjustments are made.

Step 3: Serve.

Pour the Blueberry Banana Spirulina Smoothie into a glass. Add optional toppings such as fresh blueberries, banana slices, or a light sprinkle of chia seeds for added texture.



FOLLOW US FOR MORE RECIPES!

SIPSANDSAVOR.COM

