

# Blueberry Energy Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 cup Cashews  
1/4 cup Hemp Seeds  
2 cups Water  
2 cups Baby Spinach  
1 cup Frozen Blueberries  
1 tbsp Coconut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	406	Potassium	645mg
Fat	32g	Vitamin A	2851IU
Carbs	25g	Vitamin C	10mg
Fiber	6g	Calcium	90mg
Sugar	9g	Iron	5mg
Protein	13g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	261mg
Sodium	38mg	Zinc	4mg

## DIRECTIONS

- 01 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 02 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

## NOTES

### MAKE IT SWEETER

Add in a few soaked dates to sweeten it up.