



Serving For: 2

Simple | Healthy | Delicious

Blueberry Smoothie

INGREDIENTS

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|---------------------------------------|
| 1 Cup bok choy |
| 1 Cup coconut water |
| 2 Tbsp. Ancient Grain Protein Booster |
| 1 ½ Cups blueberries |
| ½ Cup ice |



DIRECTIONS:

1. Combine all ingredients in a blender and blend until smooth.