

CREAMY BLUEBERRY SMOOTHIE

recipe adapted from howsweeteats.com

Yield: 2 servings

Prep Time: less than 5 minutes

Cook Time: less than 5 minutes

Storage: best fresh; refrigerate for 1-2 days



Ingredients

1/3 cup raw cashews

1 1/2 cups frozen blueberries

1 1/2 cups frozen cauliflower florets

1 1/2 cups almond milk, or other milk of choice

2 tablespoons hemp hearts

1 - 2 Medjool dates, pitted

1/2 - 1 tablespoon chia seeds

1 teaspoon vanilla extract

pinch of sea salt

optional: top with a sprinkle of ground cinnamon

Directions

1. Place all the ingredients into a high-speed blender and puree until creamy and smooth. If you are not using a high speed blender, you can still make the smoothie - it will just take a little longer, and you'll want to scrape down the sides of your blender to help out the blending process. Pour into glasses, top with cinnamon or extra hemp hearts if desired. And that's it. Enjoy!