



# Berry Spinach Smoothie

## The Ingredients

- 1 cup almond milk, unsweetened vanilla or regular
- 1 cup raw spinach loosely packed
- 1 frozen banana, chopped into chunks
- ½ cup frozen blueberries
- 1 tablespoon chia seeds

## Directions

- Add the milk, spinach, frozen banana, frozen blueberries and chia seeds into a blender.
- Blend until smooth and serve in a glass.