



Vanilla Blueberry Smoothie

Ingredients

- 1 cup frozen blueberries
- 2 ripe bananas
- 1 teaspoon vanilla
- 2 tablespoons peanut butter
- 1 handful of spinach
- 2 cups milk

Directions

1. Add all of your measured ingredients in the order above to the blender bowl.
2. Mix on high speed for 30-40 seconds or until no chunks remain.
3. Serve in glasses and enjoy!

Ingredient Substitutes

Don't have all of the ingredients? Try the following:

- If you don't have frozen blueberries, substitute 1 cup of a different frozen fruit, such as strawberries or blackberries, or a mix! You can also use fresh fruit as a substitute for frozen, but if so, be sure to add an extra $\frac{1}{4}$ cup of ice!
- If you don't have ripe bananas, use 1 cup of frozen!
- Don't like peanut butter? Any nut butter (almond, sunflower) can be substituted for it. Can't eat nuts? Just omit it!
- If you don't have any fresh spinach on hand, use frozen in a pinch! Kale (fresh or frozen) would also work great for this recipe.
- Any milk or plant-based milk (oat, soy, almond, etc.) works great for this recipe.