



Berry & Greens Smoothie [Berry & Greens Smoothie](#)

Instructions:

8 oz. unsweetened almond milk (sweetened adds about 30 more calories and 8g more sugar) or use your fav nut milk, ½ cup frozen blueberries (I buy fresh and put it in the freezer), 1 cup loosely packed fresh kale or other favorite greens, and optional 1 Tbl. cacao or cocoa powder for an extra chocolate treat. Blend until smooth and enjoy! Makes one serving

Nutrition content: Calories 75, fat 3g, total sugar 8g, carb. 14g, protein 2.5g, lots of antioxidants and 25% of daily vitamin C from the blueberries-Yay! I try to keep the sugar as low as possible, but you can add a little sweetener of your choice, if desired