



## Ingredients:

- 1 cup of unsweetened almond milk
  - 1 handful fresh/frozen spinach
  - ½ cup frozen blueberries
  - ¼ cup pecan pieces
  - 1 banana
  - 1 tbsp almond butter
  - 1 tbsp chia seeds
  - Pinch of cinnamon
- Add a few drops of vanilla extract to taste

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Method:

Blend all ingredients in your blender

Add extra almond milk if the smoothie is too thick

Pour into glass and consume