

Blueberry Banana Smoothie with Flax Seed

Yields Two Servings

INGREDIENTS:

- 1 cup frozen blueberries
- 1 banana
- 6 ounces plain nonfat plain yogurt
- $\frac{3}{4}$ cup unsweetened almond milk
- 1 tablespoon ground flax seeds
- $\frac{1}{2}$ cup ice cubes

PREPARATION:

Place your ingredients in the blender and start blending at low speed, gradually increasing the speed until all ingredients are smooth. Add another 30-60 seconds to add air which makes the smoothie lighter.

<http://www.smoothieweb.com/blueberry-banana-smoothie-with-flax-seed/>

NOTES FROM THE COOK: