

Blueberry Smoothie

DIRECTIONS

Harvest: blueberries, oranges

Prep Time: 10 minutes

Servings: 10 servings

Ingredients:

- 6 ¼ cup frozen blueberries
- 5 medium ripe banana (or use 5 cups frozen banana slices)
- Two and a half medium oranges, peeled and quartered
- 4 cups milk, dairy or non-dairy

Optional:

- 5 tablespoons almond butter, peanut butter or cashew butter
- 5 teaspoons chia seeds
- 5 teaspoons hemp seeds
- 5 teaspoons flax seeds
- 5 teaspoons honey or maple syrup

Instructions:

1. Add the blueberries, banana, orange, and milk to a blender. If you plan to add any, add optional ingredients to the blender.
2. Turn the blender on and blend until creamy and smooth. If the smoothie is too thick, add a bit more milk. Add a few ice cubes and blend until smooth for an icy cold smoothie.

Tips:

- Storing: You can keep this smoothie in an airtight container in the fridge for up to 24 hours. The ingredients may separate over time, but you can shake the jar before serving.
- How to freeze: To save the smoothie for later, pour each serving into a food-safe resealable plastic bag and freeze. Then, about an hour before needing the smoothie, take it out from the freezer.