

Blueberry, Spinach and Lavender Smoothie

Here's a quick and delicious way to get a powerful jumpstart on your day. Loaded with antioxidants, anti-inflammatories and vitamins this is "Superfood" in a glass.

Ingredients:

- 3 cups blueberries frozen
- 1 cups almond milk
- 2 cups spinach (well packed)
- 1 Tbsp. almond butter
- 1 Tbsp. raw honey
- 1 tsp. dried lavender (steep lavender in 1 cup hot water for 5min)
- 1 tsp vanilla
- Pinch of salt

Place all ingredients in a high-speed blender and blend until smooth. Vita-Mix works great.