

Blueberry Cashew Butter Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Add frozen banana, blueberries, cashew butter, hemp hearts, and cashew milk to a high-speed blender and blend on high until creamy and smooth.
2. If it has trouble blending, add a bit more milk. Then taste and adjust flavor as needed, adding more banana (or a bit of stevia) for sweetness, blueberries for fruitiness, cashew butter for nuttiness/creaminess, or cashew milk to thin.
3. Garnish with additional chia seeds and/or cashew butter (optional) and enjoy! Store leftovers in the refrigerator up to 2 days, though best when fresh.

Ingredients

- 1 Frozen Banana
- 1/2 cup Frozen Blueberries (wild, organic when possible)
- 2 tbsps Cashew Butter
- 3/4 cup Unsweetened Cashew Milk
- 2 tbsps Hemp Seeds
- 1 tbsp Chia Seeds
- 1/4 cup Vanilla Protein Powder