Coconut chia blueberry smoothie



SHOPPING LIST

1 can full fat coconut milk

Frozen blueberries

Chia seeds

Fresh or frozen pineapple

Raw honey

Walnuts(optional)

Lemon (fresh)

Superfood green powder(optional but good to have)

Cinnamon powder

Ginger powder

# Ingredients

1 can of full fat coconut(using just the cream, but reserve the liquid)

1 cup frozen blueberries

1-2 Tbsp. Chia seeds depending on your desired consistency. I like mine thick

1 scoop superfood green powder(optional, but will give you a boost)

½ tsp cinnamon powder

½ tsp ginger powder

1 Tbsp walnuts(optional)

1 Tbsp raw honey

Place all of your ingredients into a blender and set setting for smoothie. Place top on(I know it's a given but sometimes we're in a hurry), and blend for about 30 seconds to a minute. Add a Tbsp at a time of coconut water liquid that you reserved if it is too thick. Pour into glasses and enjoy.

It makes about 3 8oz. Servings