Smooth Move Smoothie

2 Servings



# Ingredients

½ Cup prune juice

1 cup almond milk or cashew milk

1 frozen banana

¼ Cup frozen blueberries

1-2 Tbsp. Chia seeds

1 Tbsp. Oats

1 tsp. Matcha powder (optional)

½ tsp. Cinnamon powder

¼ tsp. Ground ginger

Directions

Take all of the ingredients and place them in a blender. Blend on high for about a 30 seconds. Pour into desired serving glasses and enjoy.