

Recipe

THE VISIONARY SMOOTHIE

CATEGORY:
Breakfast or Snack

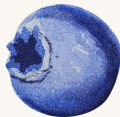
PREP TIME:
5 minutes

COOK TIME:
5 minutes



ingredients

- ☐ 1 cup frozen blueberries
- ☐ 2 large handfuls fresh spinach
- ☐ 1/2 cup Greek yogurt
- ☐ 1 tablespoon ground flaxseed
- ☐ 1 large banana
- ☐ 1/2 cup orange juice
- ☐ 1/2 cup cold water



directions

Combine all ingredients in order listed and blend in a smoothie maker or blender for 60 seconds.

Serve immediately.

For a thicker smoothie, decrease water to 1/4 cup.

notes

A smoothie containing spinach and blueberries is beneficial for eye health due to the rich combination of nutrients like lutein, vitamin A, and vitamin C.