



### ***Wild Blueberry Banana Spinach Power Smoothie***

***Recipe recommended by Dr. Mason***

Portion size 8 oz.

#### **Ingredients**

Baby Spinach	1 cup
Frozen Banana	½ medium
Blueberries, frozen	½ cup
Strawberries, frozen	½ cup
Unsweetened Vanilla Almond Milk	1 cup
Chia seeds	1 Tbsp

#### **Preparation**

Place all ingredients in blender and blend until smooth.