



## Blueberry Cashew Smoothie

*Smoothies*

**Prep Time:** 5 minutes **Cook Time:** 0 minutes **Servings:** Serving: 1 **Source:**  
Dietitiandebbie.com

### INGREDIENTS

1 banana  
1 cup frozen blueberries  
1/4 cup cashews  
3/4 cup unsweetened almond milk  
1/2 cup plain yogurt dairy-free if you prefer  
Handful of spinach  
Pinch of cinnamon  
Sprinkle of hemp hearts

### DIRECTIONS

Place all of your smoothie ingredients into a blender and puree until smooth.

### NOTES

If you don't have a high powered blender, soak your cashews in a jar of water overnight to soften them before blending. You could also substitute 1 tablespoon cashew butter.