



# BLUEBERRY CAULIFLOWER SMOOTHIE

SERVES (1)

With antioxidant-rich blueberries and protein packed almond butter, this smoothie is one I most often throw together after a workout.

## INGREDIENTS

- 1/2 cup frozen wild blueberries
- 1/2 cup frozen cauliflower
- 1-2 tablespoons almond butter or seed butter
- 3/4 cup unsweetened vanilla almond milk
- 1 Medjool date, pitted
- Juice of 1/2 lime

## METHOD

Combine all ingredients in a high-speed. Blender and blend until smooth.