

## Blueberry Basil Smoothie

2 Servings

2 cups	frozen blueberries
1	frozen banana
1/2–1 cup	unsweetened vanilla almond milk or other milk product (unsweetened soy milk or regular milk and add a dash of vanilla)
5 to 6 leaves or 1/4 cup	fresh basil
3 Tablespoons	2% plain Greek Yogurt
1 tablespoon	lemon juice
1 Tablespoon	ground flaxseed
1 Tablespoon	almond butter

Place all ingredients in a high-powered blender and blend until smooth. Start with 1/2 cup of almond milk and add more if needed to reach the desired consistency.

**Reference:** [www.eatingbirdfood.com](http://www.eatingbirdfood.com)