

Blueberry Hemp Detox Smoothie

Prep Time 5 mins
 Total Time 5 mins
 Meal Type Breakfast
 Servings 2



Ingredients

lb,c g,ml

- 2 cups blueberries, *frozen*
- 2 cups spinach, *baby, loosely packed*
- 1 banana, *frozen and cut into chunks*
- 2 Tbs chia seeds
- 2 cups hemp milk, *unsweetened*
- 2 Tbs cocoa powder, *unsweetened*
- 1 Tbs hemp seeds

Directions

Make

1. Place all ingredients in blender and process until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	307	Total Fat 13.3g	20%	Total Carbohydrates 43g	14
		Saturated Fat 1.3g	6%	Dietary Fiber 13g	%
		Trans Fat 0.0g		Total Sugars 21g	52
		Cholesterol 0mg	0		%
		Sodium 139mg	%	Protein 10g	
		Vitamin D 2mcg 20% • Calcium 401mg 40% • Iron 6mg 31% • Potassium 815mg 17%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -

