

Blueberry Cinnamon Smoothie

Ingredients

- 1 cup frozen blueberries
 - 1 banana (fresh or frozen)
 - $\frac{3}{4}$ cup unsweetened almond milk (or any plant-based milk)
 - 1 tablespoon almond butter (or peanut butter)
 - 1 scoop vanilla protein powder (optional, for extra protein)
 - $\frac{1}{2}$ teaspoon ground cinnamon
 - 1 teaspoon flaxseeds or chia seeds (optional)
 - $\frac{1}{2}$ teaspoon vanilla extract (optional)
 - A few ice cubes (if using fresh fruit)
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Instructions

1. Blend: Add all ingredients to a blender.
2. Process until smooth and creamy.
3. Adjust: Add more milk if the smoothie is too thick, or more ice if you want it colder.

4. Serve immediately in a glass or bowl. You can top with extra blueberries, seeds, or a dusting of cinnamon if desired.

Health Benefits

- Blueberries are rich in antioxidants (especially anthocyanins), which help protect cells, reduce inflammation, and support brain health.
- Cinnamon may help regulate blood sugar levels and reduce oxidative stress.
- Banana adds potassium and natural sweetness for energy and muscle function.
- Almond butter and protein powder provide protein and healthy fats to support satiety and muscle repair.
- Flaxseeds or chia seeds are excellent for omega-3s and fiber, aiding digestion and heart health.
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Booster

Benefit

1 tbsp hemp seeds

Extra plant-based protein + omega-3s

1 tsp maca powder

Hormonal balance + sustained energy

**½ tsp turmeric +
pinch of black
pepper**

Anti-inflammatory boost

1 tbsp Greek yogurt
(if not vegan)

Creaminess + probiotics + protein

1 tsp spirulina powder

Detox support + rich in minerals

1 tbsp rolled oats

More fiber + longer satiety

1 tsp raw honey or maple syrup Natural sweetness + antioxidants

1 tbsp collagen peptides (if not vegan)

Skin, hair, joint support

1 tsp acai powder Extra antioxidants and skin glow

Handful of spinach Invisible greens + iron + folate