

Blueberry Lemon Muffin Smoothie



3-4 Servings

1 1/2 Cups Unsweetened Plant Milk

2 Frozen Bananas

1 Cup Frozen Blueberries

1 Cup Purple Cabbage

1 Cup Whole Oats

2 Whole Dates

Calculated Per Serving

1 Scoop VeganSmart Protein Powder

Calories

196

Carbs

30g

Fat

4g

Protein

10g

Fiber

7g

