



# Blueberry Lemon Smoothie

## 3 Servings



- 1/2 Cup Unsweetened Almond Milk
- 1 Cup Plain Greek Yogurt
- 1 Frozen Banana
- 1 Cup Frozen Blueberries
- 2 Tbsp Honey
- 2 Tbsp Ground Flaxseed
- 1 Freshly Squeezed Lemon

Calories

179

Carbs

19g

Fat

8g

Protein

11g

Fiber

3g

