

Low Glycemic Blueberry Lemon Smoothie

This smoothie is packed with 5 of the top 10 foods to aid blood sugar control. Those are berries, parsley, cinnamon, flax seed and lemon.

2 servings

1 cup water

2 cup frozen wild blueberries

Juice of 1 lemon

2 Tb ground flaxseed

1 handful of parsley

1 Tb fresh ginger chopped or grated

1 large handful of greens, romaine, spinach or kale chopped

1 tsp cinnamon

1 scoop protein powder (optional, I used Sun Warrior Rice Protein)

6 drops vanilla stevia (optional)

Put all ingredients into a blender and blend until smooth and creamy. Add more water if necessary to get the consistency you like. You can also add some ice cubes if you like it slushy.

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