

# Blueberry Coconut Green Smoothie

2 servings

2 Tb organic ground flax seeds  
1/4 cup canned full fat coconut milk  
3 cups spinach or other leafy greens  
2 stalks of celery  
1 cup frozen wild or organic blueberries  
1 scoop vegan protein powder  
1/4 tsp cinnamon  
8 ounces filtered water

- Place all ingredients into a blender
- Blend until smooth
- Add more water to get desired consistency
- Enjoy immediately