

Easy Blueberry Green Smoothie

This is my go to smoothie. I keep these ingredients in my refrigerator regularly. It only takes minutes to make. Even if I am busy I can make this smoothie.

2 Tb ground flax seeds
1 cup frozen organic or wild blueberries
2 large celery stalks
3 large handfuls of spinach or romaine (about 3 cups)
1 cup water or nut milk
A few drops of stevia to taste

- Put all ingredients into a blender.
- Blend until smooth