



A Healthy, Gut-Friendly Smoothie Recipe

Ingredients:

- 1 cup blueberries (frozen or fresh)
- 2 spoonful of maple syrup
- 1 (8 ounce) container plain coconut yogurt
- 1/2 teaspoon vanilla extract
- 3/4 cup of plant-based milk
- 1/8 teaspoon ground cinnamon

Instructions:

Blend the blueberries, yogurt, milk, maple syrup, vanilla, and cinnamon in a blender until frothy.

This superfood smoothie will help create healthy bacteria and increase your antioxidants to fight free radicals, colds, and flu.

Scrape down the sides of the blender with a spatula occasionally. Serve immediately.