



# Blueberry Hemp Detox Smoothie

Prep Time 5 mins  
 Total Time 5 mins  
 Meal Type Breakfast  
 Contributed By **LivingPlateRx**  
 Source Living Plate  
 Servings 2



## Ingredients

lb,c g,ml

- 2 cups blueberries, *frozen*
- 2 cups spinach, baby, *loosely packed*
- 1 banana, *frozen and cut into chunks*
- 2 Tbs chia seeds
- 2 cups hemp milk, *unsweetened*
- 2 Tbs cocoa powder, *unsweetened*
- 1 Tbs hemp seeds

## Directions

### Make

1. Place all ingredients in blender and process until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 13.3g		20%	<b>Total Carbohydrates</b> 43g
Saturated Fat 1.3g		6%	Dietary Fiber 13g	52%
Trans Fat 0.0g			Total Sugars 21g	
<b>Cholesterol</b> 0mg		0%		
<b>Sodium</b> 139mg		6%	<b>Protein</b> 10g	
<b>Calories</b> 307	Vitamin D 2mcg 20% · Calcium 401mg 40% · Iron 6mg 31% · Potassium 815mg 17%			
per serving				

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -