

# BLUEBERRY ACAI JUICE SMOOTHIE

Makes 1.

By Dennis W. Viau; an original recipe.

This sweet smoothie is delicious and satisfying. The blueberries and acai juice give it a fruity flavor.

Note: Sambazon acai juice has added cane sugar and therefore 29 carbohydrates (with only 1 gram of fiber). This smoothie wouldn't qualify as keto friendly.

## **Ingredients:**

- 1 cup (240ml) acai juice (Sambazon)
- 1 cup (100g) frozen blueberries
- 1 teaspoon vanilla extract
- 1 teaspoon coconut oil
- 1 scoop protein powder (optional)
- 2 tablespoons full fat Greek yogurt (optional)

## **Directions:**

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

Those needing numbers for calories, carbohydrates, fiber, etc. can find that information on product Nutritional Facts labels and on the [CalorieKing.com](http://CalorieKing.com) web site.

