

# BLUEBERRY, ALMOND BUTTER & YOGURT

Makes 1 large or 2 medium smoothies.

By Dennis W. Viau; modified from an Internet recipe.

This smoothie is a little more complex than others I have made. This was the first one in which I used a little salt. However, the flavors of the blueberries and almond butter work very well together. This is a delicious and satisfying smoothie.

## Ingredients:

1¾ cups (220g) frozen blueberries  
½ cup (120ml) unsweetened almond milk, vanilla flavor okay  
½ cup (125g) plain full fat Greek yogurt  
¼ cup (60g) almond butter, creamy  
1 teaspoon pure vanilla extract  
¼ teaspoon salt  
1 tablespoon lemon juice  
1 teaspoon lemon zest  
2 packets stevia  
Optional: 1 tablespoon coconut oil

## 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.

