

Blueberry Greek Yogurt Smoothie

Yield: 24 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/blueberry-greek-yogurt-smoothie-recipe>

Ingredients:

- 1 cup frozen blueberries
- 5 5/16 ounces plain greek yogurt
- 1 1/2 cups water
- 2 tablespoons flax seed
- 1 tablespoon honey
- 1/2 cup kale or spinach

Nutrition:

1. Calories: 15 calories
2. Carbohydrate: 2 grams
3. Fat: 0.5 grams
4. Sugar: 2 grams

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