



Feeling Blueberry?

This Simple Smoothie Delivers a Gorgeous Glow-Up From the Inside Out

You know those moments when your body isn't just hungry—it's calling for *blueberries*? That's not random. It's body wisdom. Blueberries are loaded with antioxidants, anti-inflammatory compounds, and cell-loving nutrients your body craves after a workout.

This smoothie is post-workout fuel that answers your body's call with a hit of juicy blueberry goodness, creamy coconut yogurt packed with probiotics, protein-rich hemp seeds, almond milk and a vibrant mix of leafy greens bringing much needed fiber to the party. Sweetened naturally with the blueberries as well as nectarine and kiwi, it's made with all real-food ingredients—no powders, no processed junk, and nothing your body won't recognize. Just clean, nourishing organic fuel that helps you recover, recharge, and glow from the inside out.

Choose organic ingredients whenever possible.

Ingredients

- 1 cup unsweetened almond milk (I use Califia)
- 3 tablespoons hemp seeds
- 1 cup blueberries (fresh or frozen)
- 1 ripe nectarine (skin on, pit removed)
- 1 kiwi, peeled
- 1 handful pre-washed green kale
- 1 handful prewashed Rainbow Bright microgreen mix (or sub any mild blend such as broccoli sprouts)
- 1 cup unsweetened, unflavored coconut yogurt

Instructions

1. Add all ingredients to a high-speed blender in the order listed.
2. Blend until smooth, creamy, and fully combined.
3. Pour, sip, and let your body soak it up—every real, vibrant bite of it.

Cheers to your health!