



## Blueberry Cherry Microgreen Smoothie

This blueberry cherry smoothie is creamy, flavorful, and an easy way to get broccoli microgreens into your day without tasting like you blended your produce drawer. The blueberries and cherries do the heavy lifting, the cottage cheese adds creaminess and protein, and the broccoli microgreens quietly bring extra nutrition to the mix without having to take over the blender to earn their place. It's a quick meal in a glass for days when life is full but you still want something nourishing.

Watch the full demo on my YouTube channel ([@noblealchemy](#))

### Ingredients

- 1.5 cups oat milk
- 1/2 cup cottage cheese
- 3 tablespoons broccoli microgreens
- 1 cup frozen wild blueberries
- 1 cup frozen cherries
- 1 teaspoon pomegranate date syrup
- 1 teaspoon ground chia seeds
- 1 teaspoon Ceylon cinnamon

Choose organic ingredients whenever possible.

### Instructions

Add the oat milk and cottage cheese to the blender first. Then add the broccoli microgreens, frozen blueberries, frozen cherries, pomegranate date syrup, ground chia seeds, and Ceylon cinnamon.

Blend until smooth and creamy (at least 3 minutes). Pour into a glass and serve right away.

**Note:** I like using wild blueberries because they have a deeper flavor and tend to be richer in antioxidant plant compounds than regular blueberries, but regular frozen blueberries work just fine too.

Cheers!

