



KICK YOUR ASANA VEGAN KALE BLUEBERRY SMOOTHIE

Gluten-free • Vegan • Soy-free

Makes 1 serving

Ingredients

- 1 cup unsweetened almond milk
- ½ tsp. organic vanilla extract
- 1 tsp. chia seeds, ground
- 1 tsp. hemp seeds
- ½ tsp. maca powder
- ½ cup organic blueberries, fresh or frozen
- 1 small handful kale leaves, stems removed*
- 1 tsp. soaked gojis (optional)
- 1-2 drops liquid stevia (or sweetener of your choice)
- Ice (1-2 pieces, less if using frozen blueberries)

Directions

1. Mix all in a blender.
2. Sip. Om. Repeat.

* Kale leaves can be tough and make a smoothie a bit chewy if you don't have a high quality blender such as a Blendtec or Vitamix. If a simple blender is all that is at hand, no worries! Chop up the kale leaves a bit first and then blend solo with the almond milk. Then add the remaining ingredients. Make sure to use small(ish) size ice cubes to protect the motor and voila! You will produce a deliciously creamy drink.



GLUTEN-FREE



VEGAN



MADE WITH
LOVE



ORGANIC



RAW-VEGAN