

Quick and Easy Blueberry Banana Smoothie

Ingredients:

- Roughly 1 cup of Vanilla Malk (almond milk)
- 1 handful frozen blueberries
- 1 frozen banana
- 1 scoop SFH coconut Fuel

Directions:

- Throw everything into blender and mix. Boom.

* 1 serving



You can play with the amount of almond milk you throw into this smoothie depending how creamy you want it to be. You can also interchange any type of milk you prefer!

Recipe created by Ben MacMillan