



## **Big Blue**

### Ingredients:

Vanilla protein powder 1-1/2 scoops  
Blueberries, frozen 2 cups  
Avocado 1 medium (pit removed)  
Spinach 2 cups  
Banana, frozen 1 large  
2% milk 1 cup  
Water 1/2 cup

### Directions:

1. Add liquids to the blender.
2. Add remaining ingredients and blend on high for 30-60 seconds.

### Nutrition Facts:

Serving size: 1 smoothie  
Recipe yields 1 serving  
Calories 928  
Fat 31 g  
Carb 118 g  
Protein 50 g