



Indigo Herbs Natural Health Guide

Blueberry Smoothie



Ingredients

- 🌿 A handful of fresh blueberries
- 🌿 One banana
- 🌿 1 tsp of spirulina powder
- 🌿 1 tsp of banana powder
- 🌿 1 small tsp of bee pollen granules

Method

Blend all of your ingredients together in a smoothie maker or blender for a nutritious and colourful smoothie.