

# Blueberry Hemp Smoothie

Prep Time 5 mins  
 Total Time 5 mins  
 Meal Type Breakfast, Snack  
 Contributed By **LivingPlateRx**  
 Source From Living Plate  
 Servings 1



## Ingredients

lb,c g,ml

- 1/2 cup blueberries, *frozen*
- 1 cup spinach, baby, *loosely packed*
- 1/2 banana, *frozen and cut into chunks*
- 1 cup hemp milk, *unsweetened*
- 1 Tbs cocoa powder, *unsweetened*
- 3 Tbs hemp seeds

## Directions

### Make

1. Place all ingredients in blender and process until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 20.6g		31%	<b>Total Carbohydrates</b> 30g
Saturated Fat 1.9g		9%	Dietary Fiber 7g	28%
Trans Fat 0.0g			Total Sugars 14g	
<b>Calories</b> 337	<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 15g	
<b>per serving</b>	<b>Sodium</b> 138mg	5%		
	Vitamin D 2mcg 20% · Calcium 323mg 32% · Iron 6mg 35% · Potassium 1015mg 21%			

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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