

LOVE THY CARROT

real food made with love

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CAULIFLOWER SMOOTHIE WITH BLUEBERRIES AND CINNAMON

INGREDIENTS

1/2 cup cauliflower
1/2 cup loosely packed greens of choice, I used swiss chard
3/4 cup frozen blueberries
1 tsp cinnamon
2 tbsp hemp hearts
pinch of salt
1 tsp vanilla extract
1 ripe banana
water

DIRECTIONS

1. Add all ingredients to blender, add a cup or so water, then blend until very smooth.
2. Add more water if needed and blend again.
3. Drink and enjoy!

COOKS NOTES

I used frozen cauliflower for this smoothie. I have made it with fresh cauliflower and it was just as delicious, I add a few ice cubes to make it colder and thicker. Just so you know frozen cauliflower is lightly steamed. When I use fresh I don't bother cooking the cauliflower first.
You can use fresh blueberries too.
Store any leftovers in the fridge.