

## Recipe: Blueberry "Ice Cream"

### **Ingredients:**

1 scoop protein powder (vanilla flavor)  
3/4 cup frozen blueberries (mixed are also find)  
1/2 cup frozen spinach  
3/4 cup unsweetened almond milk  
1 tsp vanilla extract  
Cinnamon  
Stevia to taste

Place protein, berries and spinach into powerful blender (like a vitamix).  
Add about 1/2 of almond milk and blend a bit.  
Continue to add milk slowly and continue blending until smooth and to desired "ice cream" consistency.

Tastes just like a McDonald's Blueberry milk shake but thicker :)