



Blueberry Coconut Smoothie

If you're looking for a quick, healthy drink for breakfast or a midday pick-me-up, this blueberry coconut smoothie is for you! The combination of flavors is delightfully sweet and the drink is very high in antioxidants. The chef in the video prepares the smoothie with raw milk, but I strongly recommend sticking to low-fat dairy milk, coconut or almond milk to accentuate the flavors.

Ingredients

- 1/2 cup blueberries
- 1/4 cup coconut flakes organic, unsweetened
- 1 tbs sliced almonds
- 2 cups raw milk or whole milk or soy milk for vegetarians
- Ice cubes (optional)

Preparation

Blend with immersion blender or regular blender. Chill and enjoy!

If you want to watch the video again. Click [here](#).