



Long Live Life



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# BLISSFUL BLUEBERRY SMOOTHIE

- 2 cups light coconut milk
- 1 cup frozen blueberries
- 1 frozen banana
- ¼ cup gluten-free rolled oats
- 2 tablespoons maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 tablespoon chia seeds
- 2 tablespoons unsweetened shredded coconut
- 2 handfuls of spinach (optional)
- 1 packet of **The Daily Good: Berry Blend**

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## DIRECTIONS

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*Place all the ingredients in a blender for 2-3 minutes and blend until creamy. Sip slowly and enjoy the moment.*

*\*Serves 2*

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