

# NYBG

## EDIBLE ACADEMY SUMMER SOLSTICE WEEKEND



### **BLUEBERRY-ALMOND SMOOTHIE**

Prepared for the Edible Academy Solstice Weekend  
by Kate Gardner Burt, PhD, RD of Lehman College,  
City University of New York  
Yield: 8 ounces (apx. 1 serving)

#### **Ingredients**

- ½ cup blueberries
- ½ banana
- 2 tbsp almond butter
- ½ cup unsweetened almond milk
- 1 small handful spinach (1–1½ oz)
- 1 tsp thyme leaves
- 1 tbsp lemon
- 2 tsp maple syrup
- 1 cup ice, crushed

#### **Instructions**

In a blender, crush ice and add almond butter, almond milk, bananas, blueberries and spinach. Blend everything together. Add the remainder of the ingredients (thyme, lemon juice, and maple syrup).

Serve immediately.