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.