



## Spirulina Vanilla Smoothie Recipe

### Ingredients:

- 1 banana, frozen
- 1/4 cup blueberries
- 1 cup kale
- 1 cup Epigamia Vanilla Bean Greek Yogurt
- 1 teaspoon spirulina powder

### Instructions:

1. Slice a banana and place it in an airtight container or a plastic bag. Freeze overnight or for at least 12-18 hours.
2. When the banana is ready, add all the aforementioned ingredients in a high speed blender. Blend until smooth.
3. Serve immediately or store in the fridge.