

# Blueberry Smoothie

Refreshing vegan blueberry smoothie recipe ready in 5 minutes. Made with frozen blueberries, banana, plant milk and natural sweeteners for a healthy snack.

5 min

PREP

5 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 banana
- 1 cup blueberries
- 1 cup coconut milk
- 1 tbsp maple syrup
- 2 tsp fresh lemon juice

## Instructions

- 1 Pour 1 cup plant-based milk and 2 teaspoons fresh lemon juice into your blender.
- 2 Add 1 cup frozen blueberries and 1 frozen sliced banana to the blender.
- 3 Add 1 tablespoon maple syrup to the blender.
- 4 Blend on high speed for 60-90 seconds until the mixture is completely smooth and no frozen fruit chunks remain.
- 5 Stop blender and check consistency - if too thick, add plant-based milk 1 tablespoon at a time and blend briefly until desired thickness is reached.
- 6 Pour immediately into 2 glasses and serve while cold and frothy.

## Tips

Use frozen blueberries for the best texture and to eliminate the need for ice, which can water down the flavor. If using fresh berries, add a handful of ice cubes.

Add liquid ingredients to the blender first, followed by frozen fruits. This helps the blender blades move more efficiently and creates a smoother consistency.

Start with less liquid than you think you need – you can always add more. It's easier to thin a thick smoothie than to thicken a watery one.

Freeze banana slices on a parchment-lined tray before storing in freezer bags. This prevents them from clumping together and makes portioning easier.

If your smoothie is too tart, add a pitted date or a drizzle of maple syrup. If it's too sweet, add a squeeze of fresh lemon juice to balance the flavors.

For extra nutrition without changing the flavor significantly, add a handful of fresh spinach. The blueberries will mask any green color.

Blend for at least 60-90 seconds to ensure all ingredients are completely smooth and well incorporated, especially if adding seeds or greens.

Serve immediately for the best taste and texture, or pour into a chilled glass to maintain the cold temperature longer.