

FOR BUSY PEEPS

# Dragonfruit Blueberry Smoothie



Ready in **10 minutes**

Serves **2**

## Ingredients

- 2 medium bananas, cut up
- ½ cup Greek Gods Honey Vanilla yogurt
- ½ cup dragonfruit, frozen
- ½ cup organic wild blueberries, frozen
- ½ cup water
- 2 medjool dates, seeded

## Preparation

1. Add all ingredients into a blender and blend until smooth. Serve immediately.

## Tips

You want to use frozen fruit, I use frozen bananas and dragonfruit. Blueberries don't have to be frozen.

## Spiritual Message from this recipe

Sometimes the best things in life are the simplest things.