

Cauliflower Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth.
2. ***Add water as necessary to thin it out.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 1/2 cup** Frozen Spinach
- 1/2 cup** Frozen Cauliflower
- 1 cup** Frozen Berries
- 1/2** Banana
- 1/2 cup** Plain Greek Yogurt
- 1 tbsp** All Natural Peanut Butter