

## Blueberry Bliss Smoothie

This is a great meal or snack to eat on the go. Simply prepare and freeze the cauliflower the night before.

**Makes: 2 servings (1 cup per serving)**

### Ingredients

½ cup steamed then frozen cauliflower  
½ cup frozen blueberries or mixed berries  
2 scoops (3 Tbsp) Beneprotein powder  
1 Tbsp honey  
¼ tsp cinnamon  
½ cup unsweetened almond milk  
½ cup water



### Directions

1. Steam cauliflower until tender (about 5-7 minutes)
2. Transfer cauliflower to a baking tray and place in freezer for at least 2 hours
3. Place all ingredients into a blender and blend on high until smooth

### Nutrition Facts (serving size: 1 cups)

Calories: 94kcal  
Protein: 7g  
Carbohydrate: 15g  
Phosphorus: 61mg  
Potassium: 160mg  
Sodium: 65mg