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### Creamy Blueberry Smoothie

1/2 cup (120ml) unsweetened almond or hemp milk (strained if homemade)  
1/2 cup (120ml) filtered water  
1 tablespoon raw almond butter  
1 tablespoon chia seeds  
3 tablespoons hemp hearts\*  
1/4 medium avocado, peeled and pitted  
1 tablespoon coconut oil  
1 cup (80g) frozen blueberries  
1/2 inch piece fresh ginger, peeled

Place all ingredients in blender and blend until smooth. Enjoy cold!

\* Can be substituted by your favourite plant-based, sugar free protein powder.