



@KICKCRAMPSASS

BLUEBERRY LAVENDER LEMONADE SMOOTHIE

SERVES: ONE 12 OZ CUP

INGREDIENTS

- 1 CUP BLUEBERRIES
- 2 TABLESPOONS DRIED LAVENDER BLOSSOMS
- 1 CUP HOT WATER
- 1/2 CUP FRESHLY SQUEEZED LEMON JUICE
- 1 DATE
- 1 TSP HEMP SEEDS

PROCEDURE

- 01** POUR THE HOT WATER OVER LAVENDER AND STEEP FOR A MINIMUM OF 15 MINUTES TO MAKE SYRUP FIRST.
- 02** ADD REMAINING INGREDIENTS TO A BLENDER, THEN POUR IN LAVENDER SYRUP. BLEND.
- 03** POUR INTO GLASS AND ENJOY!

NUTRITION FACTS

- CALORIES: 148
- TOTAL FAT: 2.3G
- SATURATED FAT: 0.22G
- SODIUM: 8MG
- POTASSIUM: 308MG
- TOTAL CARBOHYDRATES: 35.83G
- DIETARY FIBER: 4.7G
- SUGARS: 22.39G
- PROTEIN: 2.3G
- VITAMIN A: 95IU
- MAGNESIUM: 34MG
- PHOSPHOROUS: 51MG
- VITAMIN C: 61.6MG
- CALCIUM: 46MG
- IRON: 0.76MG
- VITAMIN K: 28.8UG
- ZINC: 0.48MG
- VITAMIN E: 2.05MG