

Pat Divilly's Superfood Smoothie

ingredients

1 Tablespoon of **Udo's Oil**
1 Handful of frozen blueberries
1 Handful of raw or frozen spinach
1 Half Avocado
300ml Almond Milk
Optional Scoop of Rice, Pea or Whey Protein Powder

Method

1. Blend all ingredients and add ice or water dependent on the consistency you like best.
2. Enjoy!