

Blueberries 'n Cream Shake

Author: Brenna, Certified H.H.P. from Optimized Health Team

Servings: 1

Prep & Cook Time: 5 minutes

Ingredients:

- 3 Tablespoons Whole Organic Flax Seeds
- 3 Tablespoon Organic Psyllium Husks

Grind Flax Seeds & Psyllium First!

- 2 1/2 cups Unsweetened Organic Coconut or Almond Milk
- 1 1/2 cups Spring/ Filtered Water 1 teaspoon Organic Maca Powder
- 1/4 cup Organic Blueberries (frozen are best)
- 1 dropper Organic Stevia (liquid) OR 1/4th teaspoon Organic Monk Fruit Powder (Erythritol Free)
- 4-5 Ice Cubes (Reverse Osmosis Water - frozen in ice cube trays)

Instructions:

1. In a large blender, grind whole flax seeds and psyllium husks into a fine powder.
2. Add the rest of the ingredients and blend until smooth and creamy! Taste test to adjust sweetness.
3. Drink immediately as shake thickens quickly! Enjoy!