

# Blueberry Cashew Smoothie

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- ½ cup cashews
- 1 ½ cups fresh or frozen blueberries
- 1 cup greek or coconut yogurt
- ¼ cup oat flakes
- 2 scoops Manitoba Harvest Hemp Yeah Protein Powder
- 4 soft Medjool dates, pitted
- 1 tsp vanilla extract
- 1 cup water or nut milk to desired consistency
- Optional: 2 tbsp honey

## Instructions:

1. Add all ingredients to a high power blender and blitz until smooth and creamy.

## Notes:

Serves 2.