

# MELISSA'S SPIRULINA SMOOTHIE



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Prep. time:	Cook time:	Serves:
10 min	N/A	1

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## INGREDIENTS:

Mix all in blender:

- 1/2 cup frozen blueberries
- 1 frozen banana
- 1/2 cucumber
- 1 cup spinach or kale
- 1 tsp spirulina
- 1 Tbsp hempseeds