

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## Blueberry Avocado Hemp Shake

Makes about 4, 1 cup servings

### *Ingredients:*

1 cup blueberries (frozen or fresh)  
1/2 avocado  
3 tbsp hemp seeds  
1/2 cup spinach  
1 kiwi  
1 cup cold green tea  
1 1/2 cups water  
1 tbsp raw, unpasturized honey

### *Directions:*

Blend all ingredients together. Serve.

**Variations:** Use sweeter fruits like 1/2 cup pineapple, 1/2 banana, 1/2 apple. Omit honey or substitute with a few drops of stevia to avoid the added sugar.