



# Blueberry-Almond Smoothie

Makes 1 serving

Good nutrition and maintaining a healthy weight is important to back health. These quick and nutritious recipes are just what your back is looking for.

## *Ingredients*

- 1 cup blueberries, plus more for garnish
- 2 tablespoons roasted, salted almonds
- 1 tablespoon honey
- 3/4 cup ice cubes
- 1/4 cup unsweetened almond milk



## *Instructions*

Put the blueberries, almonds and honey into a blender. Blend on high until the mixture is mostly smooth, about 1 minute. Add the ice cubes and almond milk and blend until very smooth. Add 1 to 2 tablespoons of cold water if needed to adjust consistency. Pour into a glass and garnish with a short skewer of blueberries.

## Nutrition Facts

Serving Size: 1 each; Calories 270; Total Fat 10 g; Sodium 55 mg; Total Carbohydrates 42 g; Dietary Fiber 6 g; Protein 5 g

Recipe Courtesy of Food Network Kitchens



BlueCross BlueShield of South Carolina and  
BlueChoice® HealthPlan of South Carolina