



# Blueberry Coconut Chia Smoothie

THE TANGY LIME AND WARM CARDAMOM COMBINATION IN THIS SATISFYING SMOOTHIE REALLY STARTS THE DAY OFF RIGHT. IF YOU'RE NOT USING A POWERFUL BLENDER, LIKE A VITAMIX, YOU MIGHT WANT TO SOAK THE CASHEWS AHEAD OF TIME OVERNIGHT TO ENSURE A SUPER CREAMY CONSISTENCY.

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## Ingredients

1 cup frozen blueberries  
300g frozen coconut meat  
¼ cup raw cashews  
1 tablespoon chia seeds  
1 pitted date  
1 teaspoon lime juice  
¼ teaspoon ground cardamom  
pinch of pink Himalayan salt  
1 cup water

## Method

Blend all ingredients in a powerful blender until smooth.