



ambitious

KITCHEN



MEET MONIQUE



Hi! I'm Monique! Ambitious Kitchen is a health focused food blog with beautiful, creative recipes and feel good inspiration. [Read more.](#)

MAY
14

Wild Blueberry Banana Spinach Power Smoothie

A delicious smoothie made with wild blueberries, banana, almond milk and spinach for a nutritional boost. Finished with a sprinkle of chia seeds for a healthy dose of omega-3.

Hello. Let me proceed to tell you about how weird I am.

Last night I had this out of control craving for broccoli after my workout. Just steamed broccoli with sea salt and pepper. Quite ridiculous really, but I absolutely had to have it. So off to Target I went. Except you know when you walk into Target, it's not like you're walking right out. Nope, you're going to be there for at least an hour filling your cart with things you never knew you needed. Classic example: Vanilla Cupcake Goldfish. They basically taste like sweetened little animal cracker cookies. And if you've been here a while, you know how I LOVE animal crackers (especially frosted). Oh and also, coconut milk conditioner. YUM.

I finally managed to leave Target with two bags full. By the time I got home I WAS STARVING. Do you ever get to the point where you're so hungry that you can't even think? I thought about breaking open a jar of peanut butter in my car on the ride home, but knew that wouldn't lead to anything good.

Once home, I basically destroyed an entire bag of steamed broccoli for dinner. Obviously that filled me up, but only for one episode of The Vampire Diaries, so of course I had to make something else. Since I've been really trying to clean up my diet (minus the goldfish), I opted for one of my favorite power smoothies.

Lately I've been really into blueberries in just about anything. WILD blueberries to be exact. I like the name and I like the flavor. In fact I kinda feel like Tarzan after eating them.

Really though, they're SO much better than the conventional ones. I usually purchase mine from Trader Joe's, but if you can't find them there, opt for organic blueberries. I promise you'll notice the flavor difference.

This recipe is sweet, simple, and a healthy way to start out your morning or to enjoy as a snack. Here's why I chose the following ingredients:

Blueberries. Get those antioxidants in and your skin will glow.

Banana. Good for you carbs and help to thicken up the smoothie.

Spinach. This is where the POWER comes in. Spinach is full of vitamins and nutrients, and includes great fiber. Blend away – you won't notice the taste at all!

Strawberries. I love the way the taste combined with the blueberries & banana. And they're a great source of vitamin C to help boost your immune system.

Almond Breeze Unsweetened Vanilla Almond Milk. Packed with calcium, vitamin D, creamy and delicious; I'm a huge fan. Their almond-coconut milk is also to die for, too! Either will work in this smoothie.

A sprinkle of Chia Seeds. Did you know that Chia seeds contain a healthy dose of omega-3s? In fact, they are one of the richest plant sources out there. They're also packed with fiber and protein. Who knew a little seed could be so powerful? Get your sprinkle on or better yet, blend them into the smoothie! Learn more about chia seeds [here](#).

If you'd like more protein in this smoothie, feel free to add in a scoop of protein powder or 1/4 cup of greek yogurt.

Share photos of your creations on Instagram with me by tagging it #ambitiouskitchen. You guys are the best.

xo

Wild Blueberry Banana Spinach Power Smoothie

★★★★★
4.7 from 3
reviews

Nutrition Information

Serves: 1
Serving size: 1 smoothie
Calories: 179
Fat: 4.9g
Carbohydrates: 34.4g
Sugar: 29.5

Fiber: **8.8g**

Protein: **4g**

Recipe type: **Smoothie, Breakfast, Healthy**

Prep time: **5 mins**

Total time: **5 mins**



A power smoothie packed with wild blueberries, strawberries, banana, almond milk, spinach and chia seeds. The perfect pick me up or breakfast!

INGREDIENTS

- 1/2 cup frozen blueberries
- 1/2 cup frozen strawberries, raspberries, or blackberries
- 1/2 frozen medium banana
- 1 cup Almond Breeze Unsweetened Vanilla Almond Milk
- 1 cup baby spinach
- 1 teaspoon chia seeds for topping, if desired

INSTRUCTIONS

Place all ingredients besides chia seeds into blender and blend until smooth. Add more almond milk if smoothie is too thick. Pour into a chilled glass, sprinkle with chia seeds and extra blueberries; enjoy!

NOTES

Feel free to add 1/2 cup greek yogurt or a scoop of protein powder if you'd like more protein in this recipe.

Instead of blueberries, try using raspberries or whatever berry you like best.



This recipe is sponsored by Blue Diamond Almond Breeze; however I use their products regularly and all opinions are my own. Thanks for continuing to support Ambitious Kitchen

Related Posts



Breakfast Baked Sweet Potatoes with Almond Butter, Banana & Chia



Green Goddess Smoothie + my favorite places in Grand Rapids, Michigan



Chocolate Chip Almond Flour Banana Blondies (grain free + vegan!)



How to: Make a Delicious Immune Boosting Wellness Smoothie



Layered Banana Split Protein Smoothie



Healthy Strawberry Chia Seed Protein Shake + a reader survey!



Triple Cherry Berry Watermelon Smoothie

55 RESPONSES TO "WILD BLUEBERRY BANANA SPINACH POWER SMOOTHIE"



sue/the view from great island says:

May 14, 2014 at 1:55 PM

I'm not normally a power smoothie type, but you've made this look so enticing! The colors are so pretty.

[Reply](#)



Averie @ Averie Cooks says:

May 14, 2014 at 3:46 PM

Such a gorgeous smoothie! The color looks so rich and elegant! 😊 pinned

[Reply](#)

Marie says:

May 14, 2014 at 4:05 PM

That smoothie looks so fluffy and delicious. I'm freezing bananas to make this tomorrow morning.

I'm glad I'm not the only one who can devour a huge bowl of steamed broccoli. I love it with a little nooch.

[Reply](#)

Dianna McBride says:

May 14, 2014 at 9:40 PM

Thank you, thank you, thank you for sharing a Smoothie Recipe! Guess what we are going to have tonight! 😊 Couldn't make me happier!

[Reply](#)



Katrina @ Warm Vanilla Sugar says:

May 14, 2014 at 5:33 PM

I am digging this recipe so hard!! Looks awesome!

[Reply](#)

Traci says:

May 14, 2014 at 7:14 PM

Yum! I love everything in this smoothie. Aren't chia seeds kind of beautiful when you look at how detailed they are up close?

[Reply](#)

Wendy Fraser says:

May 15, 2014 at 12:26 AM

I make this every day! Loooove it , can't do without it!

[Reply](#)



Gaby says:

May 14, 2014 at 8:07 PM

This is a perfect way to start the day!

[Reply](#)

Danielle Rodrigues says:

May 15, 2014 at 6:20 AM

Totally making this tomorrow morning cant wait 😊

[Reply](#)

Lexie says:

May 16, 2014 at 9:29 PM

Please bring back your Friday faves... My favorite post! 😊

[Reply](#)



Monique says:

May 17, 2014 at 5:28 PM

I didn't know they were a hit – I sure will!

[Reply](#)

Chris says:

June 7, 2015 at 11:40 PM

Love this smoothie ... Just curious, where do the 5g of fat come from?

[Reply](#)

Connie says:

January 8, 2016 at 1:48 PM

Just made one for me and my son. I feel healthier already 😊

[Reply](#)

Anna Nolan says:

March 9, 2016 at 6:08 AM

Just wondered where the 4.9 grams of fat came from – is it good fat?

Reply



Monique says:

March 14, 2016 at 10:36 AM

Chia seeds, almond milk!

Reply

Prairie Gal Cookin says:

March 16, 2016 at 9:54 PM

Hey, I just wanted to drop a note and invite you to come join us at Sunday's Simple Homemaker Link-Up. Would love to have you link-up!! <http://www.prairiegalcookin.com/sundays-simple-homemaker-3rd-weekly-link-up/>

Reply



A.P.Singh says:

September 3, 2016 at 12:56 AM

I don't like banana in my smoothies is there any replacement for that

Reply

ES says:

September 12, 2016 at 8:52 PM

I thought the banana was overpowering as well. Couldn't really taste the blueberries. I'm going to try it again tomorrow and just omit the banana.

Reply

Reese says:

October 11, 2016 at 12:32 AM

I often make this smoothie; to mix things up I sometimes replace the banana with cooked oatmeal or cooked sweet potatoe.

Reply

Tina says:

December 16, 2016 at 5:57 PM

I'm on the Atkins diet. The carbs seem high in this recipe. Is that correct? If so , I'll cut some of the fruit back and use heavy whipping cream.

Looks delicious.

Reply

Patricia says:

March 18, 2017 at 11:06 AM

Was hungry and lazy

Jus had a smoothie

Miam sip it all up

Can you believe I was even lazy to chew on something I've gotta to say i have a real bad cold! Banana baby spinach strawberries blueberries chia seeds oats and rice milk blended up in a few seconds did the trick!

[Reply](#)

Emily says:

May 5, 2017 at 4:30 PM

Drinking this right now! It's delish! Thanks for sharing!



[Reply](#)

DeAnna says:

May 16, 2017 at 8:13 AM

I made this but used 2 tbs of peanut butter and omitted the strawberries (allergies). It was so yummy. Thanks for sharing.



[Reply](#)

Annette says:

July 13, 2017 at 7:20 AM

Drink it everyday so good and lots of energy! Makes you feel good All day!!

[Reply](#)



Monique says:

July 14, 2017 at 2:03 PM

Amazing! Yes such a feel-good smoothie 😊

[Reply](#)

penelope says:

July 31, 2017 at 3:53 PM

I can take it at night, thank you



[Reply](#)

Hannah says:

April 28, 2018 at 4:35 AM

Could you add half a cucumber? How would effect the taste?

[Reply](#)



Monique says:

May 3, 2018 at 10:22 AM

Sure! It might water down the smoothie a bit, so you could add some more fruit too 😊

Reply

LEAVE A REPLY

Your email address will not be published. Required fields are marked *

Comment

Name *

Email *

Website

Sign me up to receive new posts from Ambitious Kitchen!

Rate this recipe: ★★★★★

POST COMMENT

This site uses Akismet to reduce spam. [Learn how your comment data is processed.](#)

LOOKING FOR SOMETHING? SEARCH HERE!

FOLLOW AK ON INSTAGRAM



Follow



SIGN UP TO GET NEW RECIPES DELIVERED TO YOUR INBOX!

Email Address

Enter email address here...

Subscribe

RECENT POSTS

[Healthy Delicious White Chicken Chili](#)

[Healthy Dairy Free + Gluten Free Banana Muffins](#)

[31 Delicious, Healthy Recipes to Make in January](#)

[My Favorite Recipes from 2018](#)

[Reader Favorites: Top 25 Recipes from 2018](#)



Subscribe to Ambitious Kitchen

email address

Subscribe

[Privacy Policy](#) | [Disclosure Policy](#)

FEATURES

[Healthy Living](#)

[Travel](#)

[Favorite Things](#)

[Videos](#)

[Update Privacy Preferences](#)

AN ELITE CAFEMEDIA FOOD PUBLISHER

[Update Privacy Preferences](#)

AN ELITE CAFEMEDIA FOOD PUBLISHER