

The Blue Dragon

Submitted by Kristina Hastings of Bliss Blendz

This Smoothie offers so many benefits for the body.

Ingredients

- ½ c apple juice
- ½ c oat milk
- ¼ c frozen banana
- ¼ c frozen blueberries
- ¼ c frozen dragon fruit
- Pinch of favorite greens
- Add your favorite vitamin or mineral supplement: Curcumin, collagen, ginger, elderberry, or yogurt

Preparation & Serving

- Place all ingredients in a powerful blender and blend until smooth.

