

Dr. Ruby's Delicious Blueberry Banana Smoothie

This smoothie is so delicious; it tastes more like a milk shake. This is a true treat!

Ingredients:

- ½ cup fresh blueberries
- 1 banana
- ½ cup pumpkin seed milk
- 1 tablespoon hemp seeds (optional)
- ½ cup ice

Preparation:

Place all the ingredients in a blender. Blend on high speed until smooth.

Pumpkin Seed Milk Recipe:

- ½ cup pumpkin seeds
- ½ cup pitted dates
- ½ teaspoon vanilla extract or half vanilla bean
- 4 cups water

Place pumpkin seeds, dates, vanilla, and water in blender and blend until smooth. Milk will keep for 5 days in the fridge.