

# Joy's Morning Smoothie 1

---

*From Joy*

## **INGREDIENTS**

1 cup plain whole milk yogurt  
1 oz protein powder  
¼ cup coconut milk  
3 oz carrot  
3 oz celery  
1 oz kale  
4 oz frozen blueberries  
½ tsp grated ginger  
1 tablespoon chia seeds  
A few ice cubes

Yield: 1-2