

B L U E Z E N C L O U D S M O O T H I E

VEGAN | GLUTEN-FREE | DAIRY-FREE

Ingredients:

- 1 frozen banana
- 1 cup frozen pineapple
- 1/4 avocado
- 1 cup almond milk , I used Malk
- 1/2 can coconut cream, chilled
- 2 tbsp peanut butter
- 1/2 dropper of TribeTokes CBD/CBG tincture (optional)
- 1 tbsp maple syrup, I used Runamok Maple
- 3/4 tsp blue spirulina powder
- 1/4 tsp vanilla

Instructions:

1. Blend coconut cream with maple syrup; spoon 1/4th into the bottom of your glass and set a dollop aside for topping (the rest will go into the smoothie mixture).
2. Dust a sprinkle of blue spirulina powder above the coconut cream and spread it around the center of the glass.
3. In a blender, combine the remaining coconut cream, banana, pineapple, avocado, almond milk, peanut butter, vanilla, blue spirulina powder, and 1/2 dropper of CBD/CBG boosted tincture from TribeTokes. Blend until smooth.
4. Pour the blended mixture into your glass.
5. Top with the reserved coconut cream, and enjoy your CBD/CBG boosted Blue Zen Cloud Smoothie!

Love,

Colie