

Blueberry Smoothie

Refreshing vegan blueberry smoothie recipe ready in 5 minutes. Made with frozen blueberries, banana, plant milk and natural sweeteners for a healthy snack.

5 min
PREP

5 min
TOTAL

2
SERVINGS

Easy
DIFFICULTY

Blueberry Smoothie

Ingredients

- 1 banana
- 1 cup blueberries
- 1 cup coconut milk
- 1 tbsp maple syrup
- 2 tsp fresh lemon juice

Instructions

- 1 Pour 1 cup plant-based milk and 2 teaspoons fresh lemon juice into your blender.
- 2 Add 1 cup frozen blueberries and 1 frozen sliced banana to the blender.
- 3 Add 1 tablespoon maple syrup to the blender.
- 4 Blend on high speed for 60-90 seconds until the mixture is completely smooth and no frozen fruit chunks remain.
- 5 Stop blender and check consistency - if too thick, add plant-based milk 1 tablespoon at a time and blend briefly until desired thickness is reached.
- 6 Pour immediately into 2 glasses and serve while cold and frothy.

Tips

Use frozen blueberries for the best texture and to eliminate the need for ice, which can water down the flavor. If using fresh berries, add a handful of ice cubes.

Add liquid ingredients to the blender first, followed by frozen fruits. This helps the blender blades move more efficiently and creates a smoother consistency.

Start with less liquid than you think you need – you can always add more. It's easier to thin a thick smoothie than to thicken a watery one.

Freeze banana slices on a parchment-lined tray before storing in freezer bags. This prevents them from clumping together and makes portioning easier.

If your smoothie is too tart, add a pitted date or a drizzle of maple syrup. If it's too sweet, add a squeeze of fresh lemon juice to balance the flavors.

For extra nutrition without changing the flavor significantly, add a handful of fresh spinach. The blueberries will mask any green color.

Blend for at least 60-90 seconds to ensure all ingredients are completely smooth and well incorporated, especially if adding seeds or greens.

Serve immediately for the best taste and texture, or pour into a chilled glass to maintain the cold temperature longer.