

Blueberry-Lavender Smoothie

2 Servings

1 1/2 cups milk, coconut milk, almond milk, or water

1 cup frozen blueberries

1 tbsp honey, agave, or maple syrup

1 drop Lemon Vitality

1 drop Lavender Vitality

Young Living Oils Used in this Recipe:

#5625 Lemon Vitality Oil

#5590 Lavender Vitality Oil