

Chocolate-Blueberry Smoothie

Mark Hyman, MD



This brain healthy Chocolate-Blueberry Smoothie is a delicious, guilt-free treat that is perfect for breakfast, dessert or a snack. It's easy enough to whip up with basic ingredients from your kitchen, and you can always add different berries, protein powder or even greens.

Serves 1

2 Tablespoons Cashew
12 ounces cold water
1/2 cup frozen blueberries
1/4 avocado

1. 2 Tablespoons cocoa powder
2. 1/2 Teaspoon vanilla extract or powder
3. Optional: bee pollen to garnish



Step 1: Place all the ingredients into a blender and blend on high for 45-60 seconds.

Step 2: Pour, serve and enjoy!

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Mark Hyman, MD is the Director of the **Cleveland Clinic Center for Functional Medicine**, chairman of the Institute for Functional Medicine, and founder and medical director of **The UltraWellness Center**. He is the #1 New York Times bestselling author of *The Blood Sugar Solution 10-Day Detox Diet*, *The 10-Day Detox Cookbook*, *The Blood Sugar Solution*, *The Blood Sugar Solution Cookbook*, *UltraMetabolism*, *The UltraMind Solution*, and *The Ultrasimple Diet*, and coauthor of *The Daniel Plan*.