

## Manuka Honey Lavender Smoothie

*The following recipe was provided courtesy of our friends at [Wedderspoon](#).*

### Ingredients

- 1/4 cup ice
- 1/2 cup frozen blueberries
- 1/2 frozen banana
- 1 scoop Garden of Life Vanilla Protein Powder
- 1 Tbsp. Wedderspoon Manuka Honey
- 3/4 cup coconut oil, melted
- 1 cup nut milk
- 1 tsp. culinary lavender

### Instructions

1. Place all ingredients into a high-speed blender and blend until smooth.
2. Serve immediately.

