

## Blueberry Lavender Smoothie

1.5 cups Coconut milk (or oatmilk)  
1 tsp. Its Blume Blue Lavender tea blend  
1/2 cup frozen blueberries  
1/4 avocado  
1 tbsp. hemp seeds  
1 scoop of vanilla plant based protein

Place all ingredients in a blender and blend until smooth!



## The Classic

1 tsp. Its I Blume Blue Lavender Blend  
1 cup warm milk (or dairy free milk)  
1-2tsp honey or maple syrup  
Handheld milk frother (optional)

1. On a stove, heat the milk in a small pot on low to medium heat, until warm..
2. Add maple syrup or honey to the milk and stir.
3. In a mug add blue lavender blend. Slowly add warm milk. Use milk frother to blend (or a spoon).



## Lavender Hot Chocolate

1 tsp. Its Blume Blue Lavender Blend  
1.5 cups of Rice Milk (unsweetened vanilla) or milk of choice  
2 tsp. of cocoa powder  
1-2 tsp maple syrup or honey

1. On the stove, heat milk until warm.
2. Add cocoa powder, sweetener and blue lavender blend. Whisk until combined.
3. Pour into your favorite mug and enjoy!

Did you know? Spirulina increases our energy, detoxifies the body and is packed full of nutrients (great for vegetarians too!)  
Lavender helps calm our nervous system which is important for proper digestion and for reducing feelings of anxiety and overwhelm!.

