**Immune-Boosting Blueberry Smoothie**

This deliciously healthy smoothie is made with blueberries, walnuts, almond milk, and chia seeds, guaranteeing a nutritional boost to your day.

**ingredients**

1 cup blueberries

2 tbsp walnuts

1 cup almond milk

1 tsp maple syrup

1 tsp cinnamon

2 tsp chia seeds

1/2 cup ice cubes

**directions**

1. In a large cup (if using an immersion blender) or a blender, combine ingredients and blend until smooth. Add more almond milk if necessary to reach desired consistency.

Serve immediately.