

# Blueberry Sea Moss Smoothie

## Featuring Sea Moss

Sea moss, a type of sea vegetable, can be prepared as a salad or blended with water to form a gel to add to smoothies or desserts.

Unlike other sea vegetables that are packed with umami, creating a savory taste, sea moss has a more mild and neutral flavor, making it ideal for a smoothie blend.

## Ingredients:

### Sea Moss Gel:

1/4 cup dried sea moss  
1 1/2 cups water, divided

### Smoothie:

3/4 cup blueberries, frozen  
1/2 medium banana  
1 tablespoon of sea moss gel  
1/2 teaspoon lime juice  
1 cup unsweetened vanilla almond milk

## Instructions:

- 1 To make sea moss gel: Soak the dried sea moss in 1 cup water for 8 hours. Drain, rinse, and strain the sea moss. Add the sea moss and the remaining 1/2 cup water to a blender and blend until smooth. Store sea moss gel in an airtight container in the refrigerator to use as needed.
- 2 To make smoothie, add blueberries, banana, 1 tablespoon of the prepared sea moss gel, lime juice, and almond milk to the blender, and blend until smooth. Enjoy!

**Makes 2 servings,  
6 ounces each**

**Prep Time:** 5 min.  
**Cooking Time:** 0 min.  
**Total Time:** 5 min.  
(not including soaking time)

## Recipe Author

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## Notes:

- 1 This recipe makes more sea moss gel than is needed for this smoothie. Store remaining sea moss gel in an airtight container in the refrigerator and use in sweet or savory foods, like oatmeal or creamy desserts.

## Nutritional information (per serving):

101 calories, 2 g fat, 0 g saturated fat, 114 mg sodium, 22 g carbohydrate, 0 mg cholesterol, 13 g sugar, 3 g fiber, 1 g protein



Watch the recipe video here:  
[bit.ly/459hrD8](https://bit.ly/459hrD8)