



Blueberry Oat Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

A smoothie that's so simple to make, you won't believe how tasty it is!

This recipe is perfect for warm summer days, as a healthier dessert or breakfast alternative, or as a way to add fiber to your diet.

With only 4 ingredients it's super easy to prepare for yourself or a loved one.

Try it today!

Ingredients

4 oz Spinach
3/4 cup Oat Milk
4 oz Blueberries
1 tsp Chia Seeds

Directions

Place all ingredients into a blender.
Blend on high until smooth.