



Blueberry Oat Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Blueberries
2 cups Baby Spinach
2 Banana (peeled, chopped and frozen)
2 tbsps Ground Flax Seeds
1/4 cup Whole Rolled Oats
2 cups Water

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

Storage, Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

Prep Ahead, Portion out all ingredients except the water into a freezer safe bag. Store in the freezer until ready to blend with water.