

Blueberry Muffin Smoothie

320 Calories and Oh So Delicious!

1/2 cup milk (I used unsweetened vanilla almond milk)

1- 5oz Vanilla Greek yogurt (1 individual-sized container)

1/2 cup frozen blueberries

1 frozen banana slices

1/4 cup raw, uncooked quick oats

1/2 cup ice cubes

Directions

Add ingredients to Nutribullet or mixer and blend till mixed. About a minute or so. Top with a dollop of cool whip or Reddi-Wip, sprinkle of oats and a blueberry. Enjoy your guilt free smoothie. ☐