

blueberry pie smoothie

Serves 2

PREP TIME: 5 minutes

1 cup frozen blueberries

½ frozen banana

½ cup rolled oats

1 cup plain Greek yogurt

1 cup water or milk

¼ - ½ tsp ground cinnamon

VARIATION

For an apple pie inspired smoothie, replace the frozen blueberries with 1 large cored and diced apple.

Place all ingredients in a high-speed blender and blend until smooth.

