

## Oh So Blue-Berry



*This recipe features nutrient dense blueberries which are a great source of fiber and abundant in antioxidants.*

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### Nutrition Info

**Makes:** fluid ounces

= cups

= milliliters (mL)

**Calories:** 760 kcal

**Kcals/ mL:** kcal/ mL

**Carbohydrate:** 50.4%

**Protein:** 15.3%

**Fat:** 34.3%

### Make it for the whole family:

Enjoy as a smoothie treat with your tubie!

# Oh So Blue-Berry

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## Ingredients

- 2 cups plain soy milk or regular dairy milk
- ¼ cup unsalted almonds, dry roasted or other nuts on-hand
- 1 medium banana
- 1 cup frozen blueberries
- ½ cup frozen spinach or other leafy green
- ½ cup rolled oats, dry or toasted

## Preparation

1. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

## Kitchen Gear

High powered blender

Measuring tools:

- 1 cup
- ½ cup
- ¼ cup

## Tips

Use toasted oats for a nuttier flavor and crunchier texture enhancing the oat flavor.

To toast the oats, cook in a dry skillet over medium-high heat on your stovetop, stirring occasionally, for 5-7 minutes or until they are golden brown.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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