

Blueberry Oatmeal Smoothie



Ingredients:

- 1/2 banana
- 1/4 cup rolled oats dry
- 2 tbsp. raw almonds
- 1 cup frozen blueberries
- 1/2 tsp. stevia (1 packet)
- 1 cup unsweetened almond milk

Nutritional Information:

- Calories: 179
- Fat: 7g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 70mg
- Carbohydrates: 25g
- Fiber: 5g
- Sugar: 11g
- Protein: 4g

Instructions:

Add ingredients to blender jar in order listed and secure lid.

Select "Smoothie" cycle or blend on a Low speed for 10 seconds, then a Medium to Medium-Low speed for 10 seconds, then Medium to Medium-High speed for 40 seconds