

## SMOOTHIES

## Blueberry Muffin Smoothie Bowl



*\*Recipe makes 2 servings\**

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

## INGREDIENTS

- 2 cups unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 ½ cups fresh blueberries
- 1 cup plain, nonfat Greek yogurt
- ¾ cup old-fashioned oats
- 1 tbsp organic honey
- ½ tsp vanilla extract
- ½ tsp sea salt
- 1 cup ice

## INSTRUCTIONS

1. Place all of the ingredients in a blender and process until smooth.
2. Pour into a bowl and sprinkle with a few oats and blueberries. Enjoy with a spoon.