

Berry Green Smoothie

This nutrient packed smoothie provides a well-balanced breakfast and is a good source of protein and fiber. The oats are unique twist that adds some whole grain goodness and a touch of sweetness to make this smoothie a favorite.

½ cup raw old-fashioned rolled oats

¾ cup whole, plain Greek yogurt

½ cup milk or water

2 large handfuls of fresh baby spinach (or greens of your choice)

1.5 cups frozen mixed berries

Add rolled oats to blender and blend on high speed for 1 minute or until powdered. Add yogurt, milk and spinach. Start on low speed and increase stepwise to high speed until spinach is liquefied. Turn off blender and use a spatula to scrape down sides if needed. Add berries and use the crush ice function on the blender, pulse until berries are blended into smoothie. Turn off blender and scrap sides again with spatula. Check the consistency and taste of the smoothie. If too thick add more liquid, if too thin, add more berries.

Makes two 16oz smoothies

Original recipe by Marcy Dorsey