



Blueberry Blast Smoothie

The smoothie blasts you with a burst of fresh blueberry flavour and a whole lot of goodness from nutritional powerhouse ingredients.

Makes: 4 servings

Ingredients:

- 1 large banana, frozen
- 2 cups (500 mL) frozen blueberries
- 1 ½ cups lightly packed baby spinach
- 2 cups (250 mL) milk *
- ½ cup (125 mL) plain, Greek yogurt (2% MF)
- ½ cup (125 mL) kefir (1%)
- 2 tbsp (30 ml) rolled oats
- 2 tbsp (30 mL) ground flax
- 1 tsp (5 mL) vanilla (optional)

How To Make:

1. Puree all ingredients in a blender until smooth.
2. Pour into glasses and sip immediately!

Per serving (1/4 recipe): 168 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 6 mg cholesterol, 86 mg sodium, 29 g carbohydrates, 4 g fibre, 18 g sugars, 10 g protein. Excellent source of vitamin B12 and vitamin D. Good source of calcium. * skim milk used for analysis.