

Matcha and Blueberry Smoothie Bowl



Servings: 2

*1/4 cup rolled oats, plus 1
tablespoon
1/3 cup milk
1/2 banana
1 teaspoon matcha green tea powder
1/2 cup spinach
1 teaspoon maple syrup
1/2 banana, sliced
1/4 cup blueberries
1/2 cup walnuts*

To a blender add rolled oats, milk, banana, matcha green tea powder, spinach, and maple syrup. Blend until smooth.

Pour into a bowls and top with 1 tablespoon rolled oats, banana slices, blueberries, and walnuts.

Serve

Per Serving (excluding unknown items): 527 Calories; 38g Fat (61.6% calories from fat); 13g Protein; 40g Carbohydrate; 9g Dietary Fiber; 4mg Cholesterol; 405mg Sodium; 16g Total Sugars; trace Vitamin D; 108mg Calcium; 3mg Iron; 650mg Potassium; 290mg Phosphorus. Exchanges: .