

Blueberry Oat Smoothie

**Servings: 2**

*3 tablespoons rolled oats
1 cup spinach
1 cup frozen blueberries
1/3 cup Greek yogurt
3/4 cup milk
1/8 teaspoon ground cinnamon*

Place all the ingredients into a blender and blend until smooth.

Pour into glasses.

Serve

Per Serving (excluding unknown items): 128 Calories; 4g Fat (27.3% calories from fat); 5g Protein; 20g Carbohydrate; 3g Dietary Fiber; 9mg Cholesterol; 52mg Sodium; 11g Total Sugars; trace Vitamin D; 130mg Calcium; 1mg Iron; 275mg Potassium; 124mg Phosphorus.
Exchanges: .