

# 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

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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: .