

Blueberry Muffin Smoothie

Ingredients:

- 1/2 cup frozen blueberries
- 1/2 to 1 ripe banana, peeled, chopped, and frozen
- 4 to 6 ounce container (individual serving container)
vanilla or plain Greek yogurt
- 1/2 cup milk
- 1/4 cup raw, whole oats
- 1/2 cup ice cubes

Directions:

1. Place all ingredients in the blender and blend until very smooth.
2. Serve cold and enjoy!

Nutrition Facts

Serving Size (238g)	
Servings Per Container 2	
Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	16%
Sugars 20g	
Protein 11g	
Vitamin A 4%	• Vitamin C 15%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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