

Berry Smoothie



SERVES 1

Ingredients

½ cup rolled oats
½ cup berries – frozen or fresh
1 cup almond milk – unsweetened
1 tsp chia seeds
½ tsp cinnamon

Instructions

In a blender add in frozen berries, rolled oats, chia seeds, cinnamon and almond milk. Blend until smooth and enjoy.

Feel free to add some more almond milk or water to get your desired consistency. Also if you want to add in a scoop of protein powder this is totally fine as well. You can add in greens as well such as spinach or chard or super greens powder.

