



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BERRY, CREAM & OATS SMOOTHIE



INGREDIENTS

- 1/4 cup old-fashioned rolled oats
- 1 2 cup original, unsweetened almond milk
- 1/2 cup frozen blackberries
- 1/2 cup frozen blueberries
- 1/2 cup fresh diced strawberries
- 1 teaspoon ground flax seed
- 2 teaspoon honey.

DIRECTIONS

1. Blend Together!

Nutrition: Calories 589, Fat 34g, Protein 18g, Carbohydrate 62g, Sodium 34 mg.