

# FUN & HEALTHY RECIPES

For Kids



**High Five!**

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 **Albertsons®**

# BERRY OAT SMOOTHIE

One of our “berry” favorite smoothie recipes! It’s quick and easy to make — and since it only takes 7-10 minutes, this recipe is perfect for a quick breakfast or morning treat.

## Ingredients

- 1 cup 0 Organics mixed berries
- 1 cup 0 Organics vanilla Greek yogurt
- 1 scoop vanilla protein powder
- 1 cup Silk unsweetened vanilla almond milk
- 3 Tbsp whole oats
- 3 tsp pure maple syrup

**Suggested Cooking Method:** no cooking

**Prep Time:** 7 minutes

**Total Time:** 7 minutes

**Suggested Categorization:**  
breakfast, snack

**Servings:** 3



## DIRECTIONS:

- 1** Blend all ingredients in a blender.
- 2** Pour smoothie into a glass and top with a sprinkle of oats and chia seeds. Enjoy!

### Nutritional Information:

Calories 191, Total Fat 1g, Saturated Fat 0.20g, Polyunsaturated fat 0.30g, Monounsaturated fat 0.80g, Cholesterol 5mg, Sodium 147mg, Potassium 78mg, Total Carbohydrate 31g, Dietary Fiber 3g, Sugars 23g, Protein 14g