

Berry Blue Oat Smoothie

Boosted with spirulina, this quick and easy blueberry smoothie with finely ground oats will fuel you the whole morning long.

This Recipe Uses: JAWZ High Performance Blender

PREP TIME 5 mins
COOK TIME 0 mins
TOTAL TIME 5 mins
Makes: 4 cups

INGREDIENTS

1/4 cup old-fashioned rolled oats
1 tbsp spirulina
2 cups almond milk
2 frozen bananas
1 1/4 cups blueberries, divided
2 tbsp honey
1 tsp vanilla extract

METHODOLOGY

1. In JAWZ High Performance Blender, blend oats on high until ground to powder. Add spirulina; pulse to combine.
2. Add almond milk, bananas, 1 cup blueberries, honey and vanilla; blend on Speed 8 until smooth.
3. Divide among 4 glasses. Garnish with remaining blueberries.

Tip: Boost this smoothie with ground flax or flax oil.