



BLUEBERRY VANILLA SMOOTHIE



INGREDIENTS

ITEM	QUANTITY
• Lactose-free Plain Greek Yogurt	¾ Cup
• Lactose-free Milk	½ Cup
• Frozen Blueberries	½ Cup
• Certified Gluten-free Rolled Oats	¼ Cup
• Chia Seeds	1 Tbsp.
• Pure Vanilla Extract	1 Tsp.
• Ice	1 Cup

SERVING SIZE 1



PREPARATION

- Add the Greek yogurt, lactose-free milk, blueberries, oats, chia seeds, vanilla extract, and ice to a high-speed blender.
- Blend for 45-60 seconds, or until smooth and creamy.
- If the smoothie is too thick, add a splash of additional lactose-free milk until it reaches your desired consistency.