



Beastly Berry Blast

Ingredients

Oats 1-1/2 cups
Nonfat milk 1 cup
Nonfat Greek yogurt 1/2 cup
Vanilla whey protein 1 scoop
Strawberries, frozen 1 cup
Blueberries, frozen 1 cup
Honey 2 tbsp
Water 1/2 cup

Directions

1. Add oats to blender and blend until powdered.
2. Add liquids to the blender and blend until incorporated.
3. Add remaining ingredients and blend on high for 30-60 seconds.

Nutrition Facts

Serving size 1 smoothie
Recipe yields 1 serving

Calories 979
Fat 12 g
Carb 165 g
Protein 60 g