

Blueberry Oat Smoothie



Ingredients:

- 1/2 cup low-fat or skim milk
- 1/2 cup low-fat vanilla yogurt
- 1/4 cup old-fashioned oats
- 1/4 teaspoon lemon zest, optional
- 1/2 cup frozen blueberries
- 1/2 frozen banana
- 1/2 cup ice cubes

Instructions:

1. Add ingredients to blender in the order listed above.
2. Blend until smooth, about 2 minutes.

Makes 1 serving.



Tarrant County Public Health
<http://health.tarrantcounty.com>