

BERRY OAT SMOOTHIE

Makes: ~3, 16 ounce servings

ingredients

- 2 cups organic, frozen strawberries
- 1 cup organic, frozen blueberries
- 1 medium banana (fresh or frozen)*
- 3 tablespoons ground flaxseed
- 1-2 cups spinach
- 2+ cups oat milk (i.e. Oatly)

directions

Add all ingredients to a blender. Blend. Add more or less milk, depending on your desired consistency.

Enjoy!



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