

Ingredients

1 banana
1 cup milk
1 cup frozen berries (pick a new one to try every time!)
1 TBSP nut butter
 $\frac{1}{4}$ cup raw oats

Instructions

- 1) Place all ingredients in a blender
- 2) Blend until smooth

Final Step – ENJOY!

These smoothies make a great breakfast or snack item.
They are healthy and are a good energy source!

Other variations include adding

- 2 TBSP cocoa powder
- Exchanging the berries for citrus fruit and the nut butter for $\frac{1}{4}$ avocado (this variation will taste tropical)
- A dash of honey or stevia