

PROJECT: GET IT DONE TOGETHER

Blueberry Pancake Smoothie

Adult Supervision Required | Gluten free, dairy free

Ingredients:

- 1 cup unsweetened almond milk or other plant-based milks
- 1 medium banana
- 1/2 cup frozen unsweetened blueberries
- 1/4 cup instant plain oatmeal
- 1 teaspoon maple syrup
- 1/2 teaspoon ground cinnamon
- Dash sea salt

Instructions:

1. Place the first 6 ingredients in a blender; cover and process until smooth.
2. Pour into 2 chilled glasses; sprinkle with sea salt. Serve immediately.

Makes 2 servings

Total time: 5 minutes

Nutrition facts per serving:

1 cup: 153 calories, 3g fat (0 saturated fat), 0 cholesterol, 191mg sodium, 31g carbohydrate (13g sugars, 5g fiber), 3g protein.
Diabetic exchanges: 2 starch.