

OE OFFICIAL BLUEBERRY SMOOTHIE

INGREDIENTS



- 1 ripe banana, peeled and sliced
- 1/2 cup fresh or frozen blueberries
- 1/2 cup non-fat plain Greek yogurt
- 1/2 cup unsweetened almond milk (or any milk of your choice)
- 1/2 teaspoon vanilla extract (optional, for extra flavor)
- Ice cubes (if using fresh fruit)

DIRECTIONS

- Prepare Ingredients: Slice the banana and measure out the blueberries, Greek yogurt, almond milk, and vanilla extract.
- Blend: In a blender, combine the banana slices, blueberries, Greek yogurt, almond milk, and vanilla extract.
- Blend Until Smooth: Blend on high speed until all the ingredients are completely smooth and well combined. If the smoothie is too thick, you can add a little more almond milk to reach your desired consistency.
- Taste and Adjust: Taste the smoothie and adjust the sweetness if necessary by adding honey or maple syrup.
- Serve: Pour the smoothie into glasses and serve immediately. You can optionally garnish with a few extra blueberries or a slice of banana.
- Enjoy! Sip and enjoy this refreshing and nutritious OE Banana Blueberry Smoothie!