

# LEMON - BLUEBERRY *Smoothie*

All you  
need is a  
blender!



## BASIC INGREDIENTS

- 3/4 cup almond milk (or any other milk)
- 1/2 scoops protein powder (if you'd like)
- 1/3 cup oats
- Zest & Juice (about 3 tablespoons) from 1/2 of a large lemon
- 1 frozen sliced banana
- 1 cup frozen blueberries