



Heart Healthy Blueberry Smoothie

Savannah · 28/09/2024



Prep Time

2

Difficult

Medium

Servings

2 servings

Description

This is a fantastic smoothie if you're searching for something that is heart-healthy and antioxidant-rich.

Ingredients

— - 1 cup blueberries - $\frac{3}{4}$ cup pomegranate juice - $\frac{1}{2}$ cup low-fat plain Greek-style yogurt - $\frac{1}{2}$ cup skim milk - $\frac{1}{2}$ cup rolled oats - $\frac{1}{4}$ cup granular sucralose sweetener (such as Splenda®) - 1 teaspoon ground cinnamon

Instructions

1. Blend blueberries
2. pomegranate juice
3. yogurt
4. milk
5. oats
6. sweetener
7. and cinnamon together in a blender until smooth
8. about 2 minutes.