

Breakfast Showdown! Smoothies vs. Oats



Berries and Greens Smoothie

Ingredients:

- 1 cup Kale or Spinach, chopped
- 10 Frozen Blueberries
- 2 tbsp Nonfat Milk
- 1 tsp Ground Cinnamon
- 1 tbsp Almond Butter (optional)
- 1 tbsp Flaxseeds (optional)
- 1 tbsp Protein Powder (optional)
- 1/2 medium Banana (optional)



Cinnamon Roll Overnight Oats

Ingredients:

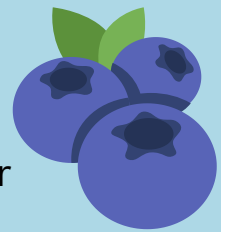
- 1/2 cup rolled oats
- 1/2 cup Nonfat Milk
- 1 1/2 tsp Ground Cinnamon
- 1 tbsp Chia Seeds



Vanilla-Blueberry Overnight Oats

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup Nonfat Milk
- 1 1/2 tsp Almond Butter
- 1/4 tsp Vanilla Extract
- 10 Blueberries (if frozen let thaw)



Orange you Bananas for Smoothies

Ingredients:

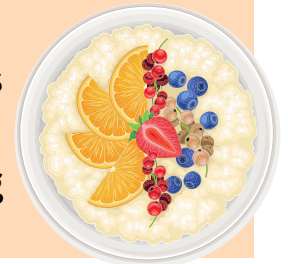
- 1/2 Orange, peeled
- 1/4 cup Grapes
- 1/2 Medium Banana
- 1/2 cup Kale or Spinach
- 1 Ice Cube
- 1/2 cup Nonfat Milk
- 1 tbsp Flaxseeds (optional)
- 1 tbsp Protein Powder (optional)



Peach Pie Overnight Oats

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup Nonfat Milk
- 2 Frozen Peach Slices
- 1 tsp Ground Ginger
- 2 tsp Ground Nutmeg
- 2 tbsp Chia Seeds



Directions for all Smoothies:

Place all ingredients in a blender and blend till smooth. Try swapping out the Nonfat Milk for a Probiotic Yogurt or Yogurt Drink for an extra health boost.

Directions for all Overnight Oats:

Stir all ingredients together in sealable jar, cup, or container. Seal and refrigerate overnight. For added fiber, add 1 tbsp Flaxseed before eating and stir.