

## Berry Filling Smoothie



### Ingredients:

- 1 cup frozen blueberries
- 2 cups of 1% or skim milk
- 1/2 cup, low-fat vanilla yogurt
- 1 banana
- 1/4 cup, dry oatmeal
- ice, optional

### Directions:

1. Add all ingredients and blend to desired texture.
2. Refrigerate unused portion.

Makes 2 servings.



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