

MyPlate Power Breakfast Smoothie

Yield: 1 serving

Ingredients:

- 1/2 cup rolled oats (GRAINS)
- 1 cup non-fat vanilla greek yogurt (DAIRY)
- 1 cup mixed frozen berries (FRUIT)
- 1 Tbsp peanut butter (PROTEIN)
- 1 cup raw spinach (VEGETABLE)



Directions:

1. Place rolled oats, Greek yogurt, frozen berries, peanut butter, and spinach in a blender and blend until smooth.
2. Once it is at a preferred consistency, place in a bowl or cup.
3. Enjoy!

Nutrition Information per serving :

Calories: 440, Total Fat: 12g, Saturated Fat: 2g, Cholesterol:10mg, Sodium: 169mg, Carbohydrate 58g, Fiber: 11g, Total Sugar: 19g, Protein: 32g

SOURCE: Food Network
