

got milk?[®]

INGREDIENTS

1/2 cup blueberries
1 kiwi
1 banana
1/3 cup oats
1 tbsp tahini
1 cup real milk

DIRECTIONS

1. Toss smoothie ingredients into a blender and blend until smooth
2. Pour smoothie into a bowl and top with kiwi, banana, oats, and tahini drizzle

BUT FIRST,
BLUEBERRY OAT SMOOTHIE

