



Mānuka Honey Blueberry Smoothie

Cool Off This Summer

Ingredients

Blueberries.....	200g
Oats.....	1 tsp.
Greek Yogurt.....	2 tbsp.
Milk.....	5 oz.
Bees and Trees Mānuka Honey.....	2 tbsp.



Directions

1. Place all the ingredients in a blender and pulse until smooth.
2. Check the smoothie for sweetness, and add a little more honey as desired. Serve immediately and enjoy!
3. Garnish with blueberries if desired.