



BANANA BERRY SMOOTHIE

Feeling healthy? Blend berries, bananas and milk with a single push of the Smoothie button. It's that easy!

INGREDIENTS

- 1 cup frozen blueberries, slightly thawed
- 2 fresh bananas, broken in chunks
- ¼ cup oats
- ½ cup milk

SERVES: 2

SETTING: SMOOTHIE

PREP TIME: 2 MIN

BLEND TIME: 50 SEC

DIRECTIONS

- 1. Place frozen blueberries, bananas, oats and milk into the Mealio® Blender.**
- 2. Push the 'SMOOTHIE' Button to start the Blending.**
- 3. Pour your smoothie into a glass and garnish to taste.**