

Blueberry Protein Breakfast Smoothie

Ingredients

- 1 1/2 cups Silk almond milk, unsweetened
- 1 cup blueberries, fresh or frozen
- 1/2 cup oats, quick or rolled
- 1 scoop Vega One Nutritional Shake



Directions

1. In a high speed blender, combine all ingredients and process until smooth. Serve immediately.