



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Oat Breakfast Smoothie

Adapted from MarcusSamuelsson.com

4 or 5 raw kale leaves (stems removed) or spinach (or small handful baby spinach)
3/4 cups low FODMAP fruit (such as blueberries)
1/2 cup plain kefir
1/4 cup rolled oats
1 1/2 tbsp maple syrup
8 to 10 ice cubes

Instructions:

In a blender, add in all ingredients. Blend until smooth and frothy (about 3 to 4 minutes).

Notes:

-Optional add-ins could include additional spices, like a pinch of cinnamon or splash of vanilla extract.
-It might seem like you are blending this smoothie for a long time, but it will ensure the greens and oats are fully pureed.

Yield: 1 serving



NUTRITION INFORMATION PER SERVING:

CALORIES: 300 calories

PROTEIN: 10 g

SODIUM: 60 mg

CARBOHYDRATE: 60 g

FIBER: 5 g

FAT: 2 g

SAT FAT: 1 g