

# Breakfast Smoothie

**Serves: 1**

## Ingredients:

- ½ cup Greek yogurt
- ½ cup milk (your choice)
- 1 tsp vanilla
- 1 tbsp nut butter (your choice)
- ½ banana
- ½ cup berries (strawberry, blueberries, mixed)
- ⅓ cup quick rolled oats



## Directions:

1. Place all the ingredients in a blender and blend until smooth.

## Note:

- If the mixture is too thick, add a small amount of water or milk until you reach your desired consistency.

## Nutrition Tip

This smoothie is high in protein and fibre, a great on-the go breakfast!