

Blueberry Pie

TODDLER SMOOTHIE

healthy kid-friendly breakfast!



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Ingredients:



Blueberry Pie Smoothie - [Author: Michele Olivier](#)

This Blueberry Pie Smoothie tastes just like your favorite summer dessert but is full of healthy proteins, fiber, antioxidants, omega-3 fatty acids and probiotics for a delicious and nutritious breakfast for the entire family!

Prep Time: 5 minutes

Servings: 2

Ingredients

- 1 cup frozen blueberries
- 1 ripe banana
- 1/2 cup plain yogurt
- 1/2 cup of any type of milk (cow, nut, coconut, hemp, etc.)
- 1/3 cup old-fashioned oats
- 1-2 tbsp maple syrup to taste
- 1/2 tsp vanilla extract
- 1 cup ice - *(Optional if using frozen blueberries)

Instructions

In a blender, add all of the ingredients and blend for 1-2 minutes, adding more milk if the smoothie is too thick. Pour into 2 glasses and serve.

Notes - Add a few kale leaves, 1 tablespoon of chia or flax seeds for a little nutritional boost.

This blueberry pie smoothie, tastes just like that – a blueberry pie!

Well, as close to a pie as you are going to get with a smoothie.

Fresh blueberry flavors mingle with wholesome oats, vanilla and a touch of maple syrup for some sweetness. When blended together, you have a healthy flavor bomb of a drink that is full of protein, antioxidants, fiber, potassium and healthy probiotics.

Because this smoothie is loaded with a full banana and a good serving of old-fashioned oats, it will leave you and the kiddos full and satisfied. You won't be hearing 'mom, I'm huuunnnngrrrrry' for at least a couple of hours!