

## **Razzy Blue Smoothie**

### **Razzy Blue Smoothie Ingredients:**

**1 banana:**

**16 whole almonds:**

**1/4 cup rolled oats:**

**1 tablespoon flaxseed meal:**

**1 cup frozen blueberries:**

**1 cup raspberry yogurt:**

**1/4 cup Concord grape juice:**

**1 cup 1% buttermilk;**

### **Razzy Blue Smoothie Directions:**

**1) Peel the banana and cut into 1/2-inch chunks.**

**2) Chill in freezer until solid, about 2 hours.**

**3) Place the almonds, oats, and flaxseed meal into a blender; pulse until finely ground.**

**4) Add the frozen banana, frozen blueberries, yogurt, grape juice, and buttermilk; puree until smooth.**