



Sippable Blueberry Cobbler



Entire recipe (about 18 oz.): 178 calories, 4g total fat (<0.5g sat. fat), 203mg sodium, 28g carbs, 5g fiber, 13g sugars, 8.5g protein

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Prep: 5 minutes



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Ingredients

1 cup unsweetened vanilla almond milk
3/4 cup frozen blueberries (no sugar added)
1/4 cup fat-free plain Greek yogurt
2 tbsp. old-fashioned oats
2 packets no-calorie sweetener (like Truvia)
1 tsp. lemon juice
1/4 tsp. cinnamon
1/8 tsp. nutmeg
1/8 tsp. vanilla extract
1/2 cup crushed ice (about 3 ice cubes)

Directions

Place all ingredients in a blender, and blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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