

LYONS
ReadyCare®

Blueberry Fiber Smoothie



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Blueberry
Fiber Smoothie



INGREDIENTS

	1 Serving
ReadyCare® Fiber Apple Juice	1 (4 fl oz) container
Item: 2848	
Fresh or frozen blueberries	1 cup
Greek yogurt	½ cup
Ground flaxseed meal	1 Tbsp
Chia seeds	1 tsp
Oats	1 Tbsp
Honey (optional)	1 tsp

NUTRITION

Serving Size: 12 fl oz.
Calories: 350
Total Fat: 7g
Saturated Fat: 1.5g
Trans Fat: 0g
Cholesterol: 10mg
Sodium: 50mg
Total Carbs: 57g
Dietary Fiber: 13g
Total Sugars: 32g
Protein: 5g
Vitamin D: 0% DV
Calcium: 15% DV
Iron: 10% DV
Potassium: 8% DV

DIRECTIONS

1. Blend all ingredients on high until smooth and enjoy!