

Blueberry Oatmeal Smoothie

Makes 2 servings

about 1/2 cup milk

1/4 cup old-fashioned oats

pinch of cinnamon

1 cup low-fat vanilla yogurt

1 1/2 cups frozen blueberries

Combine the milk, oats, and cinnamon in a blender. Blend to break down the oats. Add the yogurt and berries. Blend until smooth. Blend in more milk if smoothie is too thick.