



Blackberry & Pear Oat Smoothie

2 servings
5 minutes

Ingredients

- 2 Pear (cored and chopped)
- 1 cup Blackberries (fresh or frozen)
- 1 1/2 cups Oat Milk
- 1/2 cup Oats (rolled)

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to two cups.