



# Protein Smoothie

Yield: 1 smoothie  
Serving size: 1 smoothie

## Ingredients

|                   |                    |
|-------------------|--------------------|
| 1 cup             | Frozen blueberries |
| $\frac{1}{3}$ cup | Egg whites         |
| 1 cup             | Milk               |
| $\frac{1}{4}$ cup | Rolled oats        |
| 1 - 2             | Dates              |

## Equipment

- Measuring cups
- Blender

## Method

1. Place all of the ingredients in a blender and blend until the mixture is smooth and creamy.

## Helpful Tips

- Make sure you use pasteurized egg whites
- Use the milk of your choice
- Substitute other frozen fruits for the blueberries