



Comfort
Keepers®

Elevating the
Human Spirit™

Blueberry Spinach Breakfast Smoothie

Serves 2

INGREDIENTS

- 3 tbsp. old fashioned-oats
- 1 cup fresh spinach
- 1 cup frozen blueberries
- 1/3 cup plain Greek yogurt
- 3/4 cup milk (whichever type you prefer)
- 1/8 tsp. cinnamon (optional)

STEPS

1. Place all ingredients in a blender and blend until smooth. Serve immediately.

Source: American Academy of Ophthalmology & Kristine's Kitchen

The American Academy of Ophthalmology says the vitamin C found in blueberries can prevent age-related macular degeneration (AMD) and cataracts, and the lutein and zeaxanthin in spinach works to protect the macula—the area of the eye that gives us our central, most detailed vision.

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