

## Protein Smoothie

*Recipe courtesy of Blue Zones Kitchen page 246*

### Ingredients

- ¼ Cup rolled oats
- 1 Cup almond milk
- 3 Tablespoons almond or peanut butter
- 1 banana
- 1 Cup baby spinach leaves
- 1 Tablespoon cocoa powder
- 1 Tablespoon flax seeds
- 1 Tablespoon agave syrup
- Pinch of ground cinnamon

### Directions

1. Pulse the oats a few times in your blender so they grind up; then add the other ingredients and puree until smooth.
2. Let the smoothie sit for about 3 to 5 minutes before drinking so the ground oats aren't grainy.

### Smoothie Bowl Option:

In a bowl, top smoothie with ¼ Cup granola, 1 Tablespoon shredded coconut, 1 Tablespoon blueberries, and 1 Tablespoon cacao nibs as a garnish.

*Recipe written by Dan Buettner*