



Berry and Oat Power Shake

Servings

4

Calories

320

Prep Time

10 minutes

Total Time

10 minutes

Skill Level

Easy

Ingredients

1 (10 ounces) Mann's Veggie Power Blend

2 ½ cups antioxidant blend juice, such as berry & pomegranate

2 cups mixed frozen berries

1 ½ cups plain Greek yogurt

¼ cup quick-cooking oats

¼ cup honey

The Method

In blender, combine slaw, juice, berries, yogurt, oats and honey; purée until smooth.

Tip: For a nutritious omega-3 boost, add flaxseed oil or ground flaxseed to the smoothie.



Nutrition Facts

Serving Size: 416g | Servings: 4

Amount Per Serving

Calories 320 | Total Fat 6g (sat fat 2.5g trans 0g) | Cholesterol 10mg | Sodium 65mg | Total Carbohydrate 58g | Dietary Fiber 7g | Sugars 45g (Includes 17g Added Sugars) | Protein 13g | Vitamin D 0% | Calcium 15% | Iron 6% | Potassium 15%