



## Sippable Blueberry Cobbler



Entire recipe (about 18 oz.): 178 calories, 4g total fat (<0.5g sat. fat), 203mg sodium, 28g carbs, 5g fiber, 13g sugars, 8.5g protein

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**Prep:** 5 minutes



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### Ingredients

1 cup unsweetened vanilla almond milk  
3/4 cup frozen blueberries (no sugar added)  
1/4 cup fat-free plain Greek yogurt  
2 tbsp. old-fashioned oats  
2 packets no-calorie sweetener (like Truvia)  
1 tsp. lemon juice  
1/4 tsp. cinnamon  
1/8 tsp. nutmeg  
1/8 tsp. vanilla extract  
1/2 cup crushed ice (about 3 ice cubes)

### Directions

Place all ingredients in a blender, and blend at high speed until smooth, stopping and stirring if needed.

#### MAKES 1 SERVING

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