



Wake-up Wild Blueberry Smoothie

By Kate Allen, [Mrs. Nutritionista](#)

Ingredients for 1 serving:

- 3/4 cup (190 ml) frozen wild blueberries
- 3/8 cup (85 grams) silken tofu
- 1/2 medium frozen banana
- 6 tbsp (90 ml) unsweetened almond milk
- 1 tbsp (15 ml) ground chia seeds
- 2 tsp (10 ml) instant coffee
- 1/4 cup (60 ml) gluten-free or regular oats



Directions:

1. Place all ingredients except the oats in a blender and process until smooth.
2. Pour into a glass and garnish with the oats.
Option: alternate the smoothie mixture and oats to make layers.

-30-

Recipe to be used in association with or credited to the Wild Blueberry Association of North America (www.wildblueberries.com). For more information, recipes, visuals or to schedule an interview with a spokesperson from the Wild Blueberry Association of North America, please contact Sally Matteo or Susan Willemsen at The Siren Group Inc. Tel: 416-461-5270. E-mail: sally@thesirengroup.com or susan@thesirengroup.com. Visit: www.thesirengroup.com or on [Twitter](#) or [Instagram](#) @thesirengroup.