



The Nutrition Club

CONTAINS

OATS MILK SOY

Nutrition Facts	
6 servings per container	
Serving	(468g)
Amount Per Serving	
Calories	420
% Daily Value *	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 120mg	5%
Total Carbohydrate 64g	23%
Dietary Fiber 14g	50%
Total Sugars 21g	
Includes 1g Added Sugars	2%
Protein 25g	50%
Vit. D 0.6mcg	3%
Calcium 410mg	32%
Iron 4.7mg	26%
Potas. 890mg	19%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Smoothie Bowl



Ingredients

- 2 cups Silken tofu
- 1 ½ cup Quick Oats
- 1 ½ cup Almond Milk (or 1% Milk)
- 3 cups Greek yogurt
- 6 small Banana
- 9 cups Spinach
- 3 cups Blueberries
- ½ cup Chia seeds
- 1 tsp Vanilla
- 1 tsp Cinnamon



Watch Our YouTube Video!!

<https://www.youtube.com/channel/UCnkj6aTVI051FJ3H8hKBldQ/playlists>

Preparation

Day Before:

1. **Wash all fruits and vegetables.** Allow to dry.
2. **Add 1 ½ cups spinach, 1 small banana, and ½ cup blueberries to a ziploc bag.** Freeze overnight.
3. **In a plastic container,** Mix together oats, milk, yogurt and 2tsp chia seeds. Refrigerate overnight.

The Day of:

4. **Using a blender,** add the contents of the frozen bag, 1 cup from the refrigerated container and ½ cup of tofu.
5. **Blend until it is a thick and smooth consistency.** If needed add a small amount of milk to help the blender start mixing the ingredients.
6. **Using a spatula,** pour the smoothie into a bowl.
7. **Decorate with** blueberries, oats and chia seed, and serve Immediately.

Tips

This recipe can be prepared ahead of time and used for 1 person over the span of 6 days.

Send us a Picture!

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Please Remember to Wash and Return Your Food Bags