



Blueberry Maple Oatmeal Smoothie



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 cup blueberries fresh ()
- ☐ 1 cup liquid (I used milk but juices like apple juice would also work well.)
- ☐ 2 tablespoon maple syrup
- ☐ 0.5 cup rolled oats
- ☐ 1 cup yogurt

Equipment

- ☐ food processor

Directions

- ☐ Mix the rolled oats into the yogurt and let sit in the fridge over night.
- ☐ Puree everything in a food processor.

Nutrition Facts



Properties

Glycemic Index:88.13, Glycemic Load:19.86, Inflammation Score:-5, Nutrition Score:13.410869559516%

Flavonoids

Cyanidin: 6.29mg, Cyanidin: 6.29mg, Cyanidin: 6.29mg, Cyanidin: 6.29mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 5.46mg, Catechin: 5.46mg, Catechin: 5.46mg, Catechin: 5.46mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 304.77kcal (15.24%), Fat: 5.71g (8.78%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 57.65g (19.22%), Net Carbohydrates: 53.58g (19.48%), Sugar: 37.19g (41.32%), Cholesterol: 15.93mg (5.31%), Sodium: 65.07mg (2.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Manganese: 1.54mg (77.06%), Vitamin B2: 0.51mg (30.05%), Phosphorus: 217.04mg (21.7%), Calcium: 194.93mg (19.49%), Fiber: 4.07g (16.29%), Magnesium: 57.51mg (14.38%), Vitamin K: 14.93µg (14.22%), Potassium: 490.47mg (14.01%), Vitamin B1: 0.2mg (13.03%), Selenium: 8.75µg (12.5%), Zinc: 1.74mg (11.63%), Vitamin C: 8.91mg (10.8%), Vitamin B5: 0.86mg (8.56%), Vitamin B12: 0.45µg (7.55%), Copper: 0.15mg (7.37%), Iron: 1.3mg (7.23%), Vitamin B6: 0.12mg (6.01%), Folate: 19.5µg (4.88%), Vitamin E: 0.59mg (3.95%), Vitamin B3: 0.73mg (3.67%), Vitamin A: 162.48IU (3.25%)