

Vibrant & Nutritious: Blueberry Banana Oat Smoothie for Energy & Glow

Blueberry Banana Oatmeal Smoothie: Your Creamy, Healthy Boost for Energy & Glow!



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5 min

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INGREDIENTS

- 1 cup frozen blueberries (essential for coldness and thickness)
- 1 ripe banana (fresh or frozen)
- 1/3 cup rolled oats (old-fashioned oats)
- 1 tablespoon chia seeds (optional, but recommended for nutrition and thickness)
- 1 cup milk of choice (almond, oat, dairy, soy, etc.)
- ... cup plain Greek yogurt (or plain non-dairy yogurt for vegan option)
- ‰ teaspoon vanilla extract
- ... teaspoon ground cinnamon
- 1 tablespoon maple syrup or honey (optional, adjust to taste)
- Ice cubes (optional, for extra chill and thickness)

Swaps and Notes:

Frozen Blueberries: Using frozen blueberries is key for a thick, cold smoothie without needing too much extra ice, which can dilute the flavor.

Banana: A ripe banana (fresh or frozen) adds natural sweetness and creaminess. If using fresh, add an extra handful of ice or frozen fruit.

Rolled Oats: Old-fashioned rolled oats are preferred. Quick oats can be used, but may result in a slightly gummier texture.

Chia Seeds: These are excellent for thickening the smoothie and adding fiber and omega-3s. If you don't have them, the smoothie will still be good,

but slightly thinner.

Milk of Choice: Any type of milk you prefer (dairy or non-dairy) will work.

Yogurt: Plain Greek yogurt adds a protein boost and creamy tang. For a dairy-free option, use a plain plant-based yogurt.

Sweetener: Maple syrup or honey are optional.

Adjust based on the sweetness of your fruit and your personal preference.

Cinnamon: Adds a warm, comforting spice note that pairs beautifully with blueberry and banana.

Directions:

Grind Oats (Optional but Recommended): Add the rolled oats to a blender. Pulse a few times to grind them slightly into a finer powder. This helps them blend smoothly into the smoothie without a chewy texture.

Add Remaining Ingredients: Add in the frozen blueberries, banana, chia seeds (if using), milk of choice, yogurt, vanilla extract, ground cinnamon, and maple syrup or honey (if using) to the blender.

Blend Until Smooth: Blend on high speed until the mixture is completely smooth and creamy. Stop and scrape down the sides as needed to ensure everything is incorporated.

Adjust Thickness/Chill: If you prefer a thicker, more chilled consistency, add a few ice cubes and blend again until smooth. If the smoothie is too thick, add a tiny splash more milk; if too thin, add a few more frozen blueberries or a tiny bit more chia seeds and let it sit for 5 minutes before re-blending.

Pour & Serve: Pour the smooth, creamy smoothie into a glass and enjoy immediately.

Tips for Success:

Frozen Fruit is Key: Relying primarily on frozen blueberries and a frozen banana gives you a thick, cold smoothie without needing a lot of ice, which can dilute the flavor.

High-Powered Blender: A good quality blender will make quick work of the frozen fruit and oats, resulting in a perfectly smooth consistency.

Adjust Liquids: Start with the lower amount of liquid and add more slowly if your blender struggles, or if you prefer a thinner consistency.

Taste Test: Always taste the smoothie before pouring. Adjust sweetness (more maple syrup/honey) or tanginess (more lemon juice if desired, though not in the recipe) as needed.

Enjoy Immediately: Smoothies are best consumed right after blending.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For a classic way to use up ripe bananas in baking, check out my [This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas](#).

DIRECTIONS

1. Making this : Blueberry Banana Oatmeal Smoothie is incredibly simple - just blend and enjoy!
2. Grind : Oats (Optional but Recommended): Add the rolled oats to a blender. Pulse a few times to grind them slightly into a finer powder. This helps them blend smoothly into the smoothie without a chewy texture.
3. Add : Remaining Ingredients: Add in the frozen blueberries, banana, chia seeds (if using), milk of choice, yogurt, vanilla extract, ground cinnamon, and maple syrup or honey (if using) to the blender.
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6. Pour & : Serve: Pour the smooth, creamy smoothie into a glass and enjoy immediately.
7. Tips for Success: Frozen Fruit is Key: Relying primarily on frozen blueberries and a frozen banana gives you a thick, cold smoothie without needing a lot of ice, which can dilute the flavor.
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10. **Taste : Test:** Always taste the smoothie before pouring. Adjust sweetness (more maple syrup/honey) or tanginess (more lemon juice if desired, though not in the recipe) as needed.
11. **Enjoy : Immediately:** Smoothies are best consumed right after blending.
12. **Serving Suggestions and Pairings:** This Blueberry Banana Oatmeal Smoothie is a fantastic, complete meal for breakfast or a satisfying snack. It's perfect for busy mornings, post-workout fuel, or a healthy indulgence. Pair it with a cup of coffee or a glass of water. For other refreshing fruit-based drinks, you might enjoy my This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days or my tropical Pina Colada Smoothie.
13. **Storage and Leftover Tips:** This smoothie is definitely best enjoyed immediately after blending for optimal texture and temperature. If you have a small amount leftover, you can store it in an airtight container in the refrigerator for a few hours, but it will thicken and lose some of its frosty consistency. You can add a tiny splash of milk or water and re-blend briefly to refresh it. Freezing blended smoothie is not ideal as it can separate and become icy.
14. **More Recipes You Will Love:** If you loved the wholesome ingredients and easy prep of this smoothie, here are a few more delightful breakfast and snack recipes that I think you'll absolutely love:
15. For a classic way to use up ripe bananas in baking, check out my This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas.
16. If you're looking for another quick, healthy oatmeal-based treat, my Overnight Oats Blueberry Smoothie Bowl offers a similar flavor profile with a spoonable texture.
17. And for a truly comforting banana dessert, my : Banana Bread Brownies are a must-try.
18. For a family-sized banana dessert, my : This Big Family Banana Pudding Is My Favorite Classic Dessert to Feed a Crowd is a fantastic choice.
19. **Final Thoughts:** This Blueberry Banana Oatmeal Smoothie is a true winner for healthy, convenient, and delicious mornings. It's creamy, vibrant, packed with nutrients, and incredibly satisfying, proving that a quick start to your day doesn't mean sacrificing flavor or health. Give it a blend, and enjoy your delightful morning fuel and glow!
20. **What's your favorite breakfast smoothie combination?** Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/vibrant-nutritious-blueberry-banana-oat-smoothie-for-energy-glow/>