

## Blueberry Kiwi Peach Smoothie





### Ingredients:


- ½ cup blueberries
- 1 kiwi, peeled
- 1 peach, sliced (pit removed)
- ½ cup grapes (seedless)
- 1 ½ cups oat milk
- Ice cubes (optional)

### Instructions:

1. Place all ingredients into a blender.
2. Blend until smooth and creamy.
3. Adjust consistency with more oat milk if desired.
4. Serve immediately, chilled.

### Benefits:

-  Blueberries → High in antioxidants, support brain and skin health.
-  Kiwi → Boosts immunity with vitamin C.
-  Peach → Adds natural sweetness and supports digestion.
-  Grapes → Good for heart health and circulation.

-  Oat milk → Creamy, fiber-rich, plant-based alternative to dairy.