

## ESSENTIAL RECIPE

### Granola Blueberry Crisp

Servings: **2** Prep Time: **2 minutes** Cook Time: **1 Minute** Difficulty: **Easy**

#### Ingredients:

1 scoop dōTERRA Chocolate TrimShake  
2 tablespoons natural peanut butter  
¾ cup granola  
½ cup frozen blueberries  
½ cup vanilla Greek yogurt  
½ banana  
5 ice cubes

#### Instructions:

Place all ingredients in blender, and blend until smoothie reaches desired consistency.

*Tip: You might need to experiment with measurements to obtain desired consistency and flavor.*

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