



My True Village



LACTATION · RECIPES

Freezer Lactation Smoothie Packs

Sixty-second breakfasts for the foggiest mornings. Prep a week at once.

MAKES 5 PACKS · 15 MINUTES · FREEZER PREP

Ingredients

- 1/2 cup old-fashioned oats
- 1/2 banana, sliced
- 1 tablespoon ground flaxseed
- 1/2 cup frozen berries or mango
- 1 teaspoon brewer's yeast (optional)
- A small handful of spinach (optional)
- 1 tablespoon almond or peanut butter

Make it

1. Add everything except the milk to a freezer bag (these amounts make one pack).
2. Label and freeze flat, up to three months.
3. To serve, tip one pack into a blender with 1 cup milk (dairy or oat) and blend.

MAKE-AHEAD TIP

Make all five at once so a week of breakfasts is waiting. Easy for your village to assemble and stack in your freezer.

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Made with care for new moms everywhere