

Banana Smoothie Bowl



Ingredients

- 1/4 cup Quaker® Oats-Old Fashioned
- 1/2 banana, peeled
- 1/2 avocado, peeled
- 1/3 cup plain yogurt
- 1/4 cup apple juice
- 1 tbsp lime juice
- 1/4 cup mint leaves
- 1/2 cup ice

Topping Suggestions:

- Chopped apple
- Unsweetened shredded coconut
- Cocoa nibs
- Chia seeds
- Quaker® Granola

How to make it

1. Place all ingredients in a blender and mix until smooth.
2. Pour smoothie into bowl and top with the suggested toppings, as desired.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	0 min	5 min	2

Made with



Quaker® Oats-Old Fashioned