

Cherry-Chia Oat Smoothie

Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 tsp chia seeds
- 1 cup frozen tart cherries
- 1/2 cup cold unsweetened pomegranate juice
- 1/2 cup nonfat milk or dairy alternative such as almond or soy

How to make it

1. Place oats and chia seeds in blender container.
2. Blend until oats are finely ground.
3. Add cherries, juice and milk.
4. Blend until cherries are pureed and mixture is smooth.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	0 min	5 min	1

Made with



Quaker® Oats-Old Fashioned