

Cherry Smoothie Bowl with Chia

Ingredients

- 1 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 tsp chia seeds
- 1/3 cup cold unsweetened pomegranate juice
- 1 ½ cups frozen tart cherries
- 1/3 cup nonfat yogurt
- 1/2 cup nonfat milk or dairy alternative such as almond or soy

How to make it

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



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	0 min	10 min	2

Made with



Quaker® Oats-Old Fashioned