

Fruit Fusions Strawberry Peach Pink Smoothie

Ingredients

- 1 packet (1/2 cup) Quaker® Fruit Fusion Instant Oatmeal Strawberry Peach
- 1 ½ cups strawberries (frozen)
- 1/2 cup red dragon fruit (frozen) or sub mango
- 1 ? cups fat free or low fat oat milk
- 1 tbsp chia seeds
- 1/2 tsp honey (optional)
- 1/2 cup plant based or fat free yogurt (optional)

How to make it

1. Mix oats packet and chia seeds with oat milk and let rest while adding frozen strawberries, dragon fruit to the blender.
2. Put oats chia mixture in a blender and blend until a smooth thick consistency is achieved (If too thin, add more frozen fruit)
3. Optionally create a dreamy topping with your favorite yogurt and honey drizzle.



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

Made with



Quaker® Fruit Fusion Instant Oatmeal
Strawberry Peach