

# Fruit Oat Smoothie

## Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 cup skim milk
- 1 medium banana
- 14 frozen strawberries
- 1/2 tsp vanilla extract
- 1 ½ tsp honey
- 1 tbsp ground flaxseed(optional)

## How to make it

1. Blend all ingredients until it has reached desired thickness (if too thick, add water as required).
2. Best served cold.



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

## Made with



Quaker® Oats-Old Fashioned