

# Ginger-Berry Oat Smoothie

## Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 tbsp chia seeds (optional)
- 1 tsp chopped fresh ginger
- 1/2 cup nonfat milk
- 1 cup frozen berries (blueberries, blackberries, strawberries and/or raspberries)
- 2 tsp honey
- Ice

## How to make it

1. Place oats, chia seeds and ginger into blender container.
2. Blend until oats are finely ground.
3. Add milk, berries and honey; blend until berries are pureed and mixture is well combined.
4. If thicker, colder smoothie is desired, add 2 to 3 ice cubes and blend until smooth.



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

## Made with



**Quaker® Oats-Old Fashioned**