

# Green Oat Smoothie



## Ingredients

- 1/4 cup Quaker® Oats (quick or old fashioned, uncooked)
- 3/4 cup unsweetened coconut milk
- 1 cup baby spinach leaves, tightly packed
- 1/4 cup parsley leaves
- 1/2 cup green apple, cored & chopped
- 1 tbsp honey
- 1 tsp lemon juice
- 1/2 cup ice

## How to make it

1. Place all ingredients in a blender and blend until smooth.

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

## Made with



Quaker® Oats-Old Fashioned