

Mango Banana Oatmeal Smoothie

Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1/2 cup fresh, ripe chopped mango
- 1 small ripe banana, cut into pieces
- 1 tbsp unsweetened coconut flakes
- 1/4 cup orange juice
- 1/2 cup water
- Ice cubes (optional)

How to make it

1. Place oats in blender container.
2. Blend until oats are finely ground.
3. Add mango, banana, orange juice, water and coconut.
4. Blend until oat mixture is smooth.
5. For colder smoothie, add 2 to 3 ice cubes and continue blending until smooth.



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

Made with



Quaker® Oats-Old Fashioned