

Oat-Pear-Berry Smoothie

Ingredients

- 1/3 cup Quaker® Oats-Old Fashioned
- 3/4 cup nonfat, plain Greek yogurt (or no sugar-added vanilla yogurt or traditional plain yogurt)
- 2 tbsp water, or as needed
- 1/2 cup chopped very ripe pear (half of a medium-size pear)
- 1/2 cup fresh or frozen raspberries or blueberries
- 1/2 cup fresh or frozen strawberries
- 1/2 cup baby spinach leaves, long stems removed



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

How to make it

1. Place oats in blender or food processor container and process until oats are finely ground.
2. Add yogurt and water; blend to combine completely. Add pear, berries and spinach, if using (Add additional water if thinner consistency is desired.); blend until smooth.

Made with



Quaker® Oats-Old Fashioned