

Orange Peach Oat Smoothie



Ingredients

- 1/4 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1/4 cup orange juice
- 1/2 cup low-fat milk
- 1 tsp lemon juice
- 1/2 cup peaches
- 1/3 cup plain yogurt
- 1 tsp honey
- 1/2 cup ice

How to make it

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

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

Made with



Quaker® Oats-Old Fashioned