

PB&J Smoothie

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 2 tbsp peanut butter (or almond butter, if preferred)
- 1/2 cup frozen strawberries (or frozen berries of your choice)
- 1 ripe banana, sliced and frozen
- 1 cup almond milk (or any milk of your choice)
- 1/4 cup plain Greek yogurt
- 1 tsp honey or maple syrup
- 1/4 tsp vanilla extract



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	5 min	15 min	1

Made with

How to make it

1. Soak the oats in almond milk for 10 minutes to soften them. Alternatively, you can use them dry for more texture.?
2. Add the oats, peanut butter, strawberries, banana, almond milk, Greek yogurt (if using), desired sweetener and vanilla to a personal or large blender.?
3. Blend until smooth.?
4. Pour the smoothie into a large glass and enjoy! You can top it with a few extra berries, a drizzle of peanut butter, or a sprinkle of oats for some extra flair.?



Quaker® Oats-Old Fashioned