

Peach Cobbler Smoothie

Ingredients

Layer 1:

- 1/4 cup Quaker® Oats-Old Fashioned
- 1/2 med banana, peeled, frozen
- 1/4 cup oat milk
- 1/2 tsp brown sugar
- 1/8 tsp cinnamon (optional)

Layer 2:

- 1/4 cup Quaker® Oats Old Fashioned
- 1/4 cup ripe peaches, diced, fresh or frozen
- 1/4 cup oat milk
- 1/4 cup vegan oat, coconut yogurt or low-fat yogurt
- 1/2 tsp honey (optional)
- 1/4 cup ice

Layer 3:

- 1/4 cup Quaker® Oats Old Fashioned
- 1/4 cup carrot juice
- 1/2 med banana, frozen
- 3/4 cup oat milk
- 1/2 tsp honey
- 1/4 cup ice (optional)

For Topping

- Chia seeds

How to make it

1. In a blender, combine 1/4 cup oats, 1/2 frozen banana, 1/4 cup oat milk, 1/2 tsp brown sugar. Blend until smooth. Pour into clear tall glass or split between two smaller glasses. (rinse the blender if desired)



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	0 min	10 min	3

Made with



Quaker® Oats-Old Fashioned

2. In the same blender, combine 1/4 cup oats, 1/4 cup ripe peaches, 1/4 cup oat milk, 1/4 cup yogurt, 1/2 tsp honey, 1/4 cup ice. Blend until smooth. Carefully pour into clear tall glass on top of the kiwi smoothie, using a spoon to assist, to create a beautiful layer.
3. Repeat. In the same blender, combine 1/4 cup oats, 1/4 cup carrot juice, 1/2 frozen banana, 1/4 cup oat milk, 1/2 tsp honey, 1/4 cup c ice (optional). Blend until smooth. Carefully pour into clear tall glass on top of the mango smoothie, using a spoon to assist, to create the final layer.
4. Enjoy!