

Pear Smoothie with Mixed Berries

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
5 min



COOK
TIME
0 min



TOTAL
TIME
5 min



SERVINGS
1

How to make it

1. Place oats in blender or food processor container and process until oats are finely ground. 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.

[title]Note:

3. Frozen fruit will make a thicker, frozen smoothie. If fruit is not frozen, add three to four ice cubes and blend until smooth for a colder and thicker smoothie.

Made with



Quaker® Oats-Old Fashioned