

Pineapple Lime Green Smoothie

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1 frozen chopped banana
- 1 cup frozen diced pineapple
- 1 cup coconut milk
- 3/4 cup coconut water, divided
- 1/4 cup cashews
- 1/4 cup lime juice
- 1 tsp vanilla extract
- 1/2 avocado
- 1/2 cup diced cucumber
- 1 cup packed spinach
- 1 tbsp liquid honey

How to make it

1. In blender, process oats until finely ground. Add banana, pineapple, coconut milk, 1/2 cup coconut water, cashews, lime juice and vanilla; process until smooth. Divide between 2 glasses.
2. Add avocado and cucumber to blender; pulse until smooth. Spoon about half the avocado mixture into the glasses.
3. Add remaining coconut water, spinach and honey to blender; pulse until smooth. Pour over top of avocado mixture.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
25 min	0 min	25 min	2

Made with



Quaker® Oats-Old Fashioned