

Pink Smoothie Shots

Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1 cup low fat milk or milk of your choice
- 14 each frozen strawberries
- 1 banana; ripe
- 1/2 tsp vanilla extract
- 1 ½ tsp maple syrup or honey (optional)
- Ice (optional)
- As desired pink/red food color or beet juice (optional)

How to make it

1. Blend all the ingredients in a blender until smooth.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	0 min	5 min	4

Made with



Quaker® Oats-Old Fashioned