

Protein Strawberry Smoothie

Ingredients

- 1 packet Quaker® Instant Oatmeal - Original
- 1/2 cup fat free or low fat milk
- 1/2 cup strawberries, hulled and chopped
- 1 tbsp honey
- 1/8 tsp ground cinnamon
- 1 tbsp walnuts, chopped

How to make it

1. Combine first five ingredients in the carafe of a blender.
2. Cover and refrigerate overnight.
3. In the morning, blend the mixture until smooth.
4. Top with chopped nuts.



| PREP TIME | COOK TIME | TOTAL TIME | SERVINGS |
|-----------|-----------|------------|----------|
| 5 min | 0 min | 5 min | 1 |

Made with



Quaker® Instant Oatmeal - Original