

# Pumpkin Oat Smoothie

## Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 cup low-fat milk
- 1/2 cup pumpkin puree
- 1/4 - 1/2 tsp pumpkin pie spice
- 2 tbsp honey
- 1 tsp vanilla extract
- 1/2 cup ice

## How to make it

1. Add Quaker® Oats to a blender and blend until fine.
2. Add in milk, pumpkin puree, pumpkin pie spice, honey, vanilla extract, and ice.
3. Blend until smooth and enjoy!



PREP  
TIME  
5 min



COOK  
TIME  
0 min



TOTAL  
TIME  
5 min



SERVINGS  
1

## Made with



Quaker® Oats-Old Fashioned