Rainbow Oat Smoothie

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
50 min	0 min	50 min	2

Ingredients

Magenta Layer:

- 1 tbsp Quaker® Oats-Old Fashioned
- 1/4 cup frozen chopped strawberries
- 2 tbsp frozen chopped banana
- 2 tbsp chopped cooked beets
- 2 tbsp coconut milk
- 2 tbsp Greek yogurt
- Dash vanilla extract

Purple Layer:

- 1/4 cup frozen chopped banana
- 1/4 cup frozen mixed berries
- 2 tbsp coconut milk
- Dash vanilla extract

Blue Layer:

- 1 tbsp Quaker® Oats-Old Fashioned
- 1/4 cup frozen chopped banana
- 1/4 cup frozen chopped pineapple
- 2 tbsp coconut milk
- 2 tbsp Greek yogurt
- 2-3 drops blue food coloring
- Dash vanilla extract

Green Layer:

- 1 tbsp Quaker® Oats-Old Fashioned
- 1/4 cup frozen chopped avocado
- 1/4 cup frozen chopped pineapple
- 1/2 cup packed baby spinach
- 2 tbsp chopped banana
- 2 tbsp coconut milk
- 2 tbsp Greek yogurt

Made with

Quaker® Oats-Old Fashioned

- Dash vanilla extract

Yellow Layer:

- 1 tbsp Quaker® Oats-Old Fashioned
- 1/4 cup frozen chopped banana
- 1/4 cup frozen chopped pineapple
- 2 tbsp coconut milk
- 2 tbsp Greek yogurt
- Dash vanilla extract

Orange Layer:

- 1 tbsp Quaker® Oats-Old Fashioned
- 1/4 cup frozen chopped mango
- 1/4 cup frozen chopped peach
- 1 tsp ground turmeric
- 2 tbsp coconut milk
- 2 tbsp orange juice
- 2 tbsp Greek yogurt
- Dash vanilla extract

Red Layer:

- 1 tbsp Quaker® Oats-Old Fashioned
- 1/4 cup frozen chopped banana
- 1/4 cup frozen chopped strawberries
- 2 tbsp coconut milk
- 2 tbsp Greek yogurt
- 1-2 drops red food coloring
- Dash vanilla extract

Garnish:

- 1 strawberry, halved
- 2 segments mandarin or clementine orange
- 2 small wedges pineapple
- 2 chunks avocado
- 2 blackberries
- 2 blueberries

How to make it

1. Magenta Layer: In blender, process oats until finely ground. Add strawberries, banana, beets, coconut milk, yogurt, and vanilla. Blend until smooth. Divide between 2 tall glasses.
2. Purple Layer: In blender, process oats until finely ground. Add banana, berries, coconut milk, yogurt, and vanilla. Blend until smooth. Pour purple smoothie over magenta layer.
3. Blue Layer: In blender, process oats until finely ground. Add banana, pineapple, coconut milk, yogurt, blue food coloring and vanilla. Blend until smooth. Pour blue smoothie over purple layer.
4. Green Layer: In blender, process oats until finely ground. Add avocado, pineapple, spinach, banana, coconut milk, yogurt and vanilla. Blend until smooth. Pour green smoothie over blue layer.
5. Yellow Layer: In blender, process oats until finely ground. Add banana, pineapple, coconut milk, yogurt and vanilla. Blend until smooth. Pour yellow smoothie over green layer.
6. Orange Layer: In blender, process oats until finely ground. Add mango, peach, turmeric, coconut milk, orange juice, yogurt and vanilla. Blend until smooth. Pour orange smoothie over yellow layer.
7. Red Layer: In blender, process oats until finely ground. Add banana, strawberries, coconut milk, yogurt and vanilla. Blend until smooth. Pour red smoothie over orange layer.
8. Garnish: Top smoothies with strawberry, mandarin, pineapple, avocado, blackberries and blueberries.