

Triple Berry Oat Smoothie

Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1/4 cup fresh blueberries
- 1/4 cup fresh blackberries
- 1/4 cup fresh raspberries
- 1 small ripe banana, cut into pieces
- 1/2 cup water
- 1 to 2 tsp honey (optional)
- Ice cubes (optional)

How to make it

1. Place oats in blender container. Blend until oats are finely ground.
2. Add berries, banana and water and honey, if desired. Blend until mixture is smooth.
3. For colder smoothie, add 2 to 4 ice cubes and continue blending until smooth.



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

Made with



Quaker® Oats-Old Fashioned