

Triple Berry Oat Smoothie

Ingredients

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

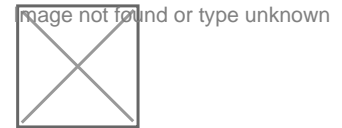
How to make it

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	SERVING
15 minutes	-	-	1

Made with



Quaker® Oats-Old Fashioned