

TRIPLE BERRY OAT SMOOTHIE

Servings: 1

Prep Time: 15 minutes

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)
- Ice cubes (optional)

PREPARATION:

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

Note: For colder, creamier smoothie, banana may be frozen before adding to blender with other ingredients.

Nutrition Facts (per serving): 280 calories, 3.5g fat, .5g sat fat, 0mg chol, 5mg sodium, 60g total carb, 11g fiber, 3g soluble fiber, (2g soluble fiber from oats), 21g sugar, 8g protein, 0g added sugar



Give Your Blend a Boost

Add a 1/2 cup of heart-healthy* Quaker® Oats to your favorite smoothie for 4 extra grams of fiber.

*3g of oat soluble fiber daily as part of diet low in saturated fat and cholesterol may help reduce the risk of heart disease. A serving of old fashioned oats provides 2 grams.
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