

TROPICAL OAT SMOOTHIE

Servings: 1

Prep Time: 15 minutes

INGREDIENTS:

- 1/2 cup(s) Quaker® Oats (quick or old fashioned, uncooked)
- 1/2 cup(s) fresh, ripe chopped mango
- 1 small ripe banana, cut into pieces
- 1 tablespoon(s) unsweetened coconut flakes
- 1/4 cup(s) orange juice
- 1/2 cup(s) water
- Ice cubes (optional)

PREPARATION:

Place oats in blender container. Blend until oats are finely ground. Add mango, banana, orange juice, water and coconut. Blend until oat mixture is smooth. For colder smoothie, add 2 to 3 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): 340 calories, 6g fat, .5g sat fat, 0mg chol, 10mg sodium, 68g total carb, 8g fiber, 3g soluble fiber, (2g soluble fiber from oats), 33g sugar, 8g protein, 0g added sugar



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