



Ginger-Berry Oat Smoothie

 **SERVINGS**

1

 **COOKING TIME**

0 min

Great for those busy mornings, this recipe for Ginger-Berry Oat Smoothie is an easy addition to breakfast. The sweetness from the berries is complimented by the zestiness of the fresh ginger for a flavorful smoothie. Add in chia seeds for additional flavor and texture.

Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 tbsp chia seeds (optional)
- 1 tsp chopped fresh ginger
- 1/2 cup nonfat milk
- 1 cup frozen berries (blueberries, blackberries, strawberries and/or raspberries)
- 2 tsp honey
- Ice

Cooking Instructions

1. Place oats, chia seeds and ginger into blender container.
2. Blend until oats are finely ground.
3. Add milk, berries and honey; blend until berries are pureed and mixture is well combined.
4. If thicker, colder smoothie is desired, add 2 to 3 ice cubes and blend until smooth.