Recipe Inspiration

Ginger Berry Oat Smoothie (1 serving)

Ingredients

- ½ cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 tbsp chia seeds (optional)
- 1 tbsp chopped fresh ginger
- ½ 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. Blend until oats are finely ground.

2. Add milk, berries and honey; blend until berries are pureed and mixture is well combined. If thicker, colder smoothie is desired, add 2 to 3 ice cubes and blend until smooth.
Cooking Instructions

1. Separate oats into two ½ cup containers. Set aside.
2. In a high-speed blender add milk, avocado, banana, spinach, and mint and blend on high until all ingredients form a smooth mixture.
3. Pour smoothie over each container. Stir and leave in fridge overnight (or at least 5–6 hours to set).
4. Serve cold! Garnish with chia seeds as desired.

Ingredients

- 1 cup Quaker® Old-Fashioned Rolled Oats
- 1 cup almond milk
- 1 small avocado
- 1 banana
- 1 cup spinach
- 15 mint leaves
- Optional: 2 tsp chia seeds for garnish

Avocado Mint Smoothie Overnight Oats (1 serving)
CREATED BY MAY ZHU
Cocoa Espresso Banana Oat Smoothie (2 servings)

Ingredients

- 1/4 cup Quaker® Oats (quick or old fashioned, uncooked)
- 3/4 cup unsweetened almond milk
- 1 banana
- 1/3 cup plain yogurt, nonfat or lowfat
- 1/2 tsp espresso powder
- 1 tsp cocoa powder
- 2 tsp honey
- 1/2 cup ice

Cooking Instructions

1. Place all ingredients in a blender and mix until smooth. Top with additional cocoa powder, if desired.

Note: For a smoother consistency, microwave the oats with 1/4 cup water for 1 minute, cool, then add to blender.