



Cherry-Chia Oat Smoothie



SERVINGS

1



COOKING TIME

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Cherry-Chia Oat Smoothie is a rich and indulgent 15-minute smoothie recipe. This creamy cherry oat smoothie is full of vibrant cherry flavor mixed with chia seeds adding a bit of nutty flavor and great texture.

Ingredients

- 1/2 cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 teaspoon(s) chia seeds
- 1 cup(s) frozen tart cherries
- 1/2 cup(s) cold unsweetened pomegranate juice
- 1/2 cup(s) nonfat milk or dairy alternative such as almond or soy

Cooking Instructions

1. Place oats and chia seeds in blender container.
2. Blend until oats are finely ground.
3. Add cherries, juice and milk.
4. Blend until cherries are pureed and mixture is smooth.

Cook Note:

Prep Time: 15 minutes. For a smoothie bowl, substitute plain nonfat Greek yogurt for nonfat milk. Dairy-free if non-dairy milk is used, gluten-free if made with Quaker Gluten Free Oats, nut-free, vegetarian.