



# Fruit Fusions Strawberry Peach Pink Smoothie



**SERVINGS**



**COOKING TIME**

2

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## Ingredients

- 1 packet (1/2 cup) [Quaker® Fruit Fusion Instant Oatmeal Strawberry Peach](#)
- 1 ½ cups Strawberries (frozen)
- ½ cup Red dragon fruit (frozen) or sub Mango
- 1 1/3 cups Fat free or low fat oatmilk
- 1 tbsp Chia seeds
- ½ tsp (optional) Honey ½ cup (optional) Plant Based or Fat free yogurt

## Cooking Instructions

1. Mix oats packet and chia seeds with oatmilk and let rest while adding frozen strawberries, Dragon Fruit to the blender.
2. Put oats chia mixture in a blender and blend until a smooth thick consistency is achieved (If too thin, add more frozen fruit)
3. Optionally create a dreamy topping with your favorite yogurt and honey drizzle.