



Green Oat Smoothie



SERVINGS

2



COOKING TIME

0 min

Get your greens in with this recipe for Green Oat Smoothie. With ingredients like spinach, green apples, and parsley, this smoothie is not only the color green, but full of sweet and savory flavors. This green oat smoothie is also made entirely without dairy products.

Ingredients

- 1/4 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 3/4 cup unsweetened coconut milk
- 1 cup baby spinach leaves, tightly packed
- 1/4 cup parsley leaves
- 1/2 cup green apple, cored & chopped
- 1 tbsp honey
- 1 tsp lemon juice
- 1/2 cup ice

Cooking Instructions

1. Place all ingredients in a blender and blend until smooth.