



Orange Peach Oat Smoothie



SERVINGS

2



COOKING TIME

0 min

Orange Peach Oat Smoothie is a creamy and refreshing recipe to enjoy with breakfast. This bright smoothie is a perfect way to enjoy fresh fruit flavors in the summer and spring months. This chilly treat is the perfect way to cool off when it gets hot outside.

Ingredients

- 1/4 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/4 cup orange juice
- 1/2 cup low-fat milk
- 1 tsp lemon juice
- 1/2 cup peaches
- 1/3 cup plain yogurt
- 1 tsp honey
- 1/2 cup ice

Cooking Instructions

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