



Pecan Pie Smoothie



SERVINGS

1



COOKING TIME

0 min

This pecan oats smoothie is a fun and tasty take on a classic holiday dessert.

Ingredients

- 1/4 cup [Quaker® Oats-Old Fashioned](#)
- 1 frozen banana, chopped
- 3/4 cup almond milk
- 2/3 cup Greek yogurt, divided
- 2 scoops Evolve® Protein Powder – Creamy Vanilla
- 1 cup ice
- 3 tbsp caramel sauce, divided
- 1 tsp ground cinnamon
- 2 tbsp chopped pecans, divided

Cooking Instructions

1. In blender, process oats until finely ground.
2. Add banana, almond milk, 1/3 cup and 3 tbsp yogurt, Evolve, ice, 2 tbsp caramel sauce and cinnamon. Blend until smooth. Pour into tall glass.
3. Garnish with remaining yogurt, remaining caramel sauce and pecans.