



Protein Strawberry Smoothie



SERVINGS



COOKING TIME

1

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Looking for an easy smoothie to enjoy with breakfast? This recipe uses simple and fresh ingredients blended together to create a flavorful strawberry oatmeal smoothie perfect to enjoy year-round. With a dash of cinnamon to add a kick and crunchy nuts to top off our Protein Strawberry Smoothie recipe is easy and yummy.

Ingredients

- 1 packet [Quaker® Instant Oatmeal - Original](#)
- 1/2 Cup fat free or low fat milk
- 1/2 Cup strawberries, hulled and chopped
- 1 Tablespoon honey
- 1/8 Teaspoon ground cinnamon
- 1 Tablespoon walnuts, chopped

Cooking Instructions

1. Combine first five ingredients in the carafe of a blender.
2. Cover and refrigerate overnight.
3. In the morning, blend the mixture until smooth.
4. Top with chopped nuts.