



# Triple Berry Oat Smoothie



**SERVINGS**

1



**COOKING TIME**

-

Add our Triple Berry Oat Smoothie to your recipe rotation for a quick but delicious addition to breakfast. Not only does this make for a great add-on to breakfast, it's also a fun way to enjoy your daily fruits. With blueberries, blackberries, raspberries, and bananas, this smoothie is fruity goodness.

## Ingredients

- 1/2 Cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/4 cup(s) fresh blueberries
- 1/4 cup(s) fresh blackberries
- 1/4 cup(s) fresh raspberries
- 1 small ripe banana, cut into pieces
- 1/2 cup(s) water
- 1 to 2 teaspoon(s) honey (optional)
- ice cubes (optional)

## Cooking Instructions

1. Place oats in blender container. Blend until oats are finely ground.
2. Add berries, banana and water and honey, if desired. Blend until mixture is smooth.
3. For colder smoothie, add 2 to 4 ice cubes and continue blending until smooth.

### *Cook Note:*

For colder, creamier smoothie, banana may be frozen before adding to blender with other ingredients.