



Cherry Chia Oat Smoothie

QUAKER

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Ingredients

- ½ cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 teaspoon chia seeds
- 1 cup frozen tart cherries
- ½ cup cold unsweetened pomegranate juice
- ½ cup nonfat milk or dairy alternative such as almond or soy



Preparation

1. Place oats and chia seeds in blender container. Blend until oats are finely ground.
2. Add cherries, juice and milk. Blend until cherries are pureed and mixture is smooth.

COOK NOTE:

For a smoothie bowl, substitute plain nonfat Greek yogurt for nonfat milk.

Dairy-free if non-dairy milk is used, gluten-free if made with Quaker Gluten Free Oats, nut-free, vegetarian

NUTRITION FACTS (PER SERVING):

350 calories, 5 g fat, 1 g sat fat, <5 mg cholesterol, 70 mg sodium, 68 g total carb, 8 g fiber, 37 g sugar, 12 g protein, 15% DV calcium, 8% DV vitamin D, 4% DV vitamin C, 15% DV vitamin A, 15% DV potassium, 20% DV iron, 30% DV thiamin, 25% DV magnesium, 0 g added sugar

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