



Triple Berry Oat Smoothie

QUAKER

Servings: 1 | Prep Time: 15 minutes

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Ingredients

- ½ cup Quaker® Oats (quick or old fashioned, uncooked)
- ¼ cup fresh blueberries
- ¼ cup fresh blackberries
- ¼ cup fresh raspberries
- 1 small ripe banana, cut into pieces
- ½ cup water
- 1 to 2 teaspoons honey (optional)
- Ice cubes (optional)



Preparation

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.

COOK NOTE:

For colder smoothie, add 2 to 4 ice cubes and continue blending until smooth.

NUTRITION FACTS (PER SERVING):

330 calories, 3 g fat, 1 g sat fat, 0 mg cholesterol, 10 mg sodium, 72 g total carb, 12 g fiber, 28 g sugar, 8 g protein, 4% DV calcium, 0% DV vitamin D, 30% DV vitamin C, 2% DV vitamin A, 15% DV potassium, 15% DV iron, 20% DV thiamin, 25% DV magnesium, 9 g added sugar

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