



# Coconut Mango Oatmeal Smoothie with Turmeric

 **SERVINGS**

2

 **COOKING TIME**

0 min

Help start your morning off with a burst of flavor with our recipe for Coconut Mango Oatmeal Smoothie with Turmeric. This bright smoothie is full of vibrant tropical flavors making it a perfect recipe for the summer and a special treat in the cooler months.

## Ingredients

- 1/4 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 tsp lemon juice
- 1/2 cup unsweetened coconut milk
- 1/2 cup fresh mango
- 1/3 cup plain yogurt
- 1 tsp ground turmeric
- 1/2 tsp fresh grated ginger
- 1 tbsp honey
- 1/2 cup ice

## Cooking Instructions

1. Place all ingredients in a blender and mix until smooth.