



Fruit Fusions Strawberry Peach Pink Smoothie

 **SERVINGS** image not found or type unknown

 **COOKING TIME** image not found or type unknown

2

-

Ingredients

- 1 packet (1/2 cup) [Quaker® Fruit Fusion Instant Oatmeal Strawberry Peach](#)
- 1 ½ cups Strawberries (frozen)
- ½ cup Red dragon fruit (frozen) or sub Mango
- 1 1/3 cups Fat free or low fat oatmilk
- 1 tbsp Chia seeds
- ½ tsp (optional) Honey ½ cup (optional) Plant Based or Fat free yogurt

Cooking Instructions

1. Mix oats packet and chia seeds with oatmilk and let rest while adding frozen strawberries, Dragon Fruit to the blender.
2. Put oats chia mixture in a blender and blend until a smooth thick consistency is achieved (If too thin, add more frozen fruit)
3. Optionally create a dreamy topping with your favorite yogurt and honey drizzle.