



Fruit Oat Smoothie

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Help start your morning with fresh fruit flavors by enjoying our recipe for Fruit Oat Smoothie with your breakfast. This fruit and oat smoothie recipe is a satisfying way to enjoy your oats. If you're in a rush put it in a to-go cup and take it with you.

Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 cup skim milk
- 1 medium banana
- 14 frozen strawberries
- 1/2 tsp vanilla extract
- 1 1/2 tsp honey
- 1 tbsp ground flaxseed(optional)

Cooking Instructions

1. Blend all ingredients until it has reached desired thickness (if too thick, add water as required).
2. Best served cold.