



# Mango Banana Oatmeal Smoothie

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Start your morning with a bright smoothie alongside breakfast. Our recipe for Mango Banana Oatmeal Smoothie has sweet tropical flavors that taste just like vacation. Blend together fresh mango, ripe banana, coconut flakes, and a few other ingredients for a mango banana smoothie full of fruity goodness.

## Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/2 cup fresh, ripe chopped mango
- 1 small ripe banana, cut into pieces
- 1 tbsp unsweetened coconut flakes
- 1/4 cup orange juice
- 1/2 cup water
- Ice cubes (optional)

## Cooking Instructions

1. Place oats in blender container.
2. Blend until oats are finely ground.
3. Add mango, banana, orange juice, water and coconut.
4. Blend until oat mixture is smooth.
5. For colder smoothie, add 2 to 3 ice cubes and continue blending until smooth.

### *Cook Note:*

Prep time: 15 minutes