



# Mango Ginger Smoothie

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Fresh mango, warm ginger, and a handful of other ingredients blended together create a fresh tasting Mango Ginger Smoothie. Enjoy this vibrant smoothie with breakfast for a flavorful way to help start your morning.

## Ingredients

- 1/2 Cup [Quaker® Oats-Quick 1-Minute Oats](#)
- 1 Cup low fat or fat free milk
- 1 Cup fresh or canned mango cubes (peeled, if fresh)
- 1 Can (11 ounces) mandarin orange segments, drained
- 2 Tablespoons almond butter
- 1 Tablespoon honey
- 1 Tablespoon lime juice
- 1/2 Teaspoon ground ginger

## Cooking Instructions

1. In a blender, grind the oats until fine.
2. Add the milk and blend with oats, then add remaining ingredients and blend until smooth.
3. Serve immediately.