



# Pineapple Basil Smoothie

 **SERVINGS**

4

 **COOKING TIME**

0 min

Savor the tropical flavors of pineapple complemented by refreshing basil in this delightful smoothie, perfect for a refreshing and nutritious treat any time of day.

## Ingredients

### **PINEAPPLE BASIL SMOOTHIE**

- 1/4 cup [Quaker® Oats-Old Fashioned](#)
- 1 1/4 cups oat milk
- 2 cups pineapple chunks; frozen
- 1 banana; frozen
- 1 tsp basil syrup

### **BASIL SYRUP**

- 10-15 basil leaves
- 1/4 cup sugar
- 1/4 cup water; hot

## Cooking Instructions

### **PINEAPPLE BASIL SMOOTHIE**

1. Add all the ingredients to a blender.
2. Blend until smooth.

### **BASIL SYRUP**

3. Add basil and sugar to a heat proof bowl.
4. Add boiling water.

5. Stir until the sugar has dissolved.

6. Let it cool, strain and use.