



# Pineapple Lime Green Smoothie

 **SERVINGS** not found or type unknown

2

 **COOKING TIME** not found or type unknown

0 min

These tropical green smoothies with oats are packed with fruits and veggies.

## Ingredients

- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 1 frozen chopped banana
- 1 cup frozen diced pineapple
- 1 cup coconut milk
- 3/4 cup coconut water, divided
- 1/4 cup cashews
- 1/4 cup lime juice
- 1 tsp vanilla extract
- 1/2 avocado
- 1/2 cup diced cucumber
- 1 cup packed spinach
- 1 tbsp liquid honey

## Cooking Instructions

1. In blender, process oats until finely ground. Add banana, pineapple, coconut milk, 1/2 cup coconut water, cashews, lime juice and vanilla; process until smooth. Divide between 2 glasses.
2. Add avocado and cucumber to blender; pulse until smooth. Spoon about half the avocado mixture into the glasses.
3. Add remaining coconut water, spinach and honey to blender; pulse until smooth. Pour over top of avocado mixture.