



Pink Smoothie Shots

 **SERVINGS** 

4

 **COOKING TIME** 

0 min

Indulge in vibrant and nutritious pink smoothie shots, combining fresh fruits and wholesome oats for a delightful burst of flavor and energy in every sip.

Ingredients

- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 1 cup low fat milk or milk of your choice
- 14 each frozen strawberries
- 1 banana; ripe
- 1/2 tsp vanilla extract
- 1 ½ tsp maple syrup or honey (optional)
- Ice (optional)
- As desired pink/red food color or beet juice (optional)

Cooking Instructions

1. Blend all the ingredients in a blender until smooth.