



Pumpkin Oat Smoothie

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Pumpkin oatmeal smoothies are the perfect addition to breakfast in the fall. When the autumn months roll around and you're looking for more ways to incorporate pumpkin into your diet, this smoothie recipe is a unique option you can whip up in just 5 minutes.

Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 cup low-fat milk
- 1/2 cup pumpkin puree
- 1/4 - 1/2 tsp pumpkin pie spice
- 2 tbsp honey
- 1 tsp vanilla extract
- 1/2 cup ice

Cooking Instructions

1. Add Quaker® Oats to a blender and blend until fine.
2. Add in milk, pumpkin puree, pumpkin pie spice, honey, vanilla extract, and ice.
3. Blend until smooth and enjoy!