

## Oatmeal, Strawberry, Banana Smoothie

Serves 3 | Serving size: 8 ounces

Ingredients Needed:

- 1/4 cup rolled oats
- 3/4 cup (6-ounce container) nonfat vanilla yogurt
- 1 cup skim milk
- 1/2 teaspoon cinnamon
- 1/2 cup frozen strawberries
- 1 frozen banana



Directions:

1. To freeze banana: peel banana, cut into chunks, and freeze overnight or at least four to five hours.
2. Blend old-fashioned rolled oats in a dry blender until it becomes a powder.

3. Add yogurt, milk, and cinnamon to the oatmeal powder and blend together.
4. Add frozen strawberries and the frozen banana to the blender.
5. Blend until smooth and enjoy!