

Strawberry Oatmeal Protein Smoothie



PREP TIME

5 mins



COURSE

Breakfast, Gluten Free, Shakes



SERVINGS

2 servings

CALORIES

211 kcal

INGREDIENTS

- 1 c soy milk
- ½ c water
- ¼ c rolled oats
- 1 banana broken into chunks
- 14 frozen strawberries
- 1 scoop vanilla protein powder of choice
- ½ tsp vanilla extract

INSTRUCTIONS

1. In a blender, combine soy milk, water, oats, banana, protein powder, vanilla and strawberries. Blend until smooth. Pour into glasses and serve.

NUTRITION

Nutrition Facts

Strawberry Oatmeal Protein Smoothie

Amount Per Serving

Calories	211	Calories from Fat	28
% Daily Value*			
Fat	3.1g		5%
Carbohydrates	28g		9%
Protein	15.9g		32%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!