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Serving: 1 Veg

Ingredients

- 2 tbsp old-fashioned rolled oats
- 1 big banana, cut into thirds
- · water required
- 1 teaspoon honey (optional) Or 1 date
- ¹/₄ teaspoon ground cinnamon

Preparation Method

- Step 1 add all ingredients to blender
- Step 2 blend until smooth
- Step 3 enjoy