



Banana Oatmeal Breakfast Smoothie

Serving: 1

Veg

Ingredients

- $\frac{1}{4}$ cup old-fashioned rolled oats
- $\frac{1}{2}$ cup plain low-fat yogurt
- 1 banana, cut into thirds
- $\frac{1}{2}$ cup almond milk
- 1 teaspoon honey (optional)
- $\frac{1}{4}$ teaspoon ground cinnamon

Preparation Method

- Step 1 – add all ingredients to blender
- Step 2 – blend until smooth
- Step 3 – enjoy
- Add the ingredients one at a time to ensure a smooth blending process.