



## Banana Oats Smoothie

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
- $\frac{1}{4}$  teaspoon ground cinnamon

### *Preparation Method*

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