

Quick Strawberry Oatmeal Breakfast Smoothie

This quick strawberry oatmeal breakfast smoothie is a fast and filling smoothie with a deep-pink color and a rich, creamy texture.

Prep Time:10 mins

Total Time:10 mins

Servings:2

Yield:2 smoothies

Ingredients

- ½ cup rolled oats
- 1 teaspoon chia seeds
- 14 frozen strawberries
- 6 ounces nonfat vanilla Greek yogurt
- 1 banana, broken into chunks
- ½ cup almond milk
- ½ teaspoon vanilla extract

Directions

1. Blend oats and chia seeds together in a blender to a fine consistency. Add strawberries, yogurt, banana, almond milk, and vanilla extract; blend until smooth.