

BANANA OAT BREAKFAST SMOOTHIE



Ingredients

- 1/2 cup (115 g) yogurt or non-dairy yogurt of choice
- 1 medium-size (100 g) ripe banana, frozen
- 1/4 cup (60 ml) unsweetened almond milk
- 1/3 cup (30 g) rolled oats
- 1 Tbsp (7g) chia seeds
- 1/2 tsp vanilla extract
- 2 scoops whey protein powder
- pinch of salt (optional but recommended)
- 1-2 tsp maple syrup or honey (optional, to taste)

Directions

1. In a blender, combine oats, yogurt, banana, fat-free milk, honey, and cinnamon; puree until smooth.
2. Serve chilled, immediately.

PREPARATION: 5MIN

COOKING TIME: -MIN

SERVES 1-2 PEOPLE