

FRUIT & OATMEAL

SMOOTHIE

INGREDIENTS

- ½ cup rolled oats
- 1 cup milk
- ½ cup banana
- ¼ cup strawberries, fresh or frozen
- ¾ cup vanilla yogurt
- 1 strawberry, fresh (for garnish)

DIRECTIONS

To make oatmeal

Combine rolled oats and milk in saucepan; simmer for 5 minutes or until oats have absorbed most of the milk. Oatmeal will yield 1 cup. Let cool.

To make smoothie

In blender, combine 1 cup cooked oatmeal, banana, frozen (or fresh) strawberries, yogurt, and ice cubes. Blend until smooth.

