

# RECIPE



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## BANANA OAT SMOOTHIE

### INGREDIENTS:

- 1 large frozen banana
- 1/2 cup ice
- 1/4 cup low fat vanilla yogurt
- 1 tbsp honey
- 1 tbsp old fashioned rolled oats
- 1 cup low fat milk
- 1/8 tsp cinnamon, plus extra for on top

### DIRECTIONS:

In a Vitamix or blender, place the frozen banana and ice on the bottom. Then add in the vanilla yogurt, honey, rolled oats milk and cinnamon.

Turn the Vitamix on smoothie programmable icon and press start. If you are using a regular blender, start your blender on a low speed and increase to the highest speed available. Continue to blend until smooth.

Pour into a glass and sprinkle some extra cinnamon on top.

