



Strawberry Banana Oat Smoothie

Healthy, hearty breakfast or snack in a cup

Yield: 1

1/4 cup	Dry Old Fashioned Oatmeal
1/4 cup	Fat Free Plain Yogurt
1/2 each	Banana
1/4 tsp	Ground Cinnamon
1/2 cup	Strawberries, Washed and Hulled
1/2 cup	Water
1/2 cup	Ice Cubes

Place all ingredients into a blender and process until smooth.

Chef Notes:

Add more spices to your taste.



Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
215	7.4	45.1	1.9	1.1	52.3	0.4	6.2