

Oat Banana Smoothie

- 1/4 cup old-fashioned rolled oats
- 1/2 cup plain low-fat yogurt
- 1 banana, cut into thirds
- 1/2 cup fat-free milk
- 2 teaspoons honey
- 1/4 teaspoon ground cinnamon

Possible additions/substitutions

- For a thicker, sweeter smoothie use a frozen banana in place of the fresh banana
- Make it vegan by using a non-dairy yogurt and milk, such as almond or coconut
- Add a tablespoon of coconut oil
- Add 1 to 2 tablespoons of creamy peanut butter (or use powdered peanut butter)
- Swap the cinnamon for 1 teaspoon pure vanilla extract
- Add 1 tablespoon hemp hearts
- Add more fruit, such as fresh or frozen pineapple or berries
- Top the smoothie with chopped nuts, such as almonds or walnuts

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