

Strawberry Banana Breakfast Smoothie

Total Time: 5 minutes

Instructions

1. Place all ingredients in a blender and blend until smooth
2. Pour into cup and Enjoy!

Ingredients

- 1 cup milk of choice (Skim, 1%, almond)
- 5-10 strawberries
- 1 large frozen banana
- $\frac{3}{4}$ cup quick oats or old-fashioned oats
- 2 tablespoons peanut butter
- 1 teaspoon vanilla
- 1 teaspoon honey