



# RECIPES

## Banana Oatmeal Smoothie

### INGREDIENTS:

- 2 whole, ripe bananas
- 2 cups ice
- 1/3 cup plain Greek yogurt
- ½ cup cooked oatmeal
- 1/3 cup almonds

### INSTRUCTIONS:

1. Pour all ingredients in blender pouring ice in last. Blend on high for 30 seconds or until smoothie thickens
  2. You can add milk/almond milk if needed to reach desired consistency
- Makes 2 servings

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or call 504.349.1232*



Adapted from: [www.chiquitabananas.com/Banana-Recipes/banana-oatmeal-smoothie-recipe.aspx](http://www.chiquitabananas.com/Banana-Recipes/banana-oatmeal-smoothie-recipe.aspx)