



# Strawberry-Banana Oatmeal Smoothie

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 2 servings | Serving Size: 1 cup

## Ingredients

- ¼ cup uncooked old fashioned (rolled) oats
- 2 teaspoons chia seeds or ground flax seed (optional)
- 1 cup lowfat (1%) milk
- ¼ cup nonfat Greek yogurt (plain or any flavor)
- ½ cup strawberries, tops removed
- 1 small banana (or ½ large), as ripe as possible
- ½ teaspoon vanilla extract

## Directions

1. Add the oats and chia seeds or ground flax seed (if using) to the pitcher of a blender.
2. Blend on high until the texture looks like flour.
3. Add the milk and use a spoon or rubber spatula to combine it with the oat mixture.
4. Add the yogurt, strawberries, banana, and vanilla.
5. Blend until smooth and fully combined, about 2-3 minutes.
6. Transfer to a pint-size mason jar or other 2-cup storage container with a tightly fitting lid.
7. Cover and refrigerate overnight (or at least 4 hours) to soften the oats and chia seeds or ground flax seed.
8. Shake well and divide into two serving glasses.
9. Serve cold.

## Recipe Notes

- To change the flavor, substitute ¼ cup orange or other fruit juice for up to ¼ cup of the milk.
- Substitute frozen berries if fresh berries are unavailable.
- This smoothie will keep in the refrigerator for 2-3 days.
- Substitute your favorite unsweetened non-dairy milk if desired.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 2.5 g | Saturated Fat: 1 g  
Sodium: 80 mg | Total Carbohydrate: 26 g | Dietary Fiber: 3 g | Protein: 11 g**

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