

Oatmeal Smoothie



Ingredients:

- 1 cup ice
- ½ cup frozen raspberries
- ½ cup plain low-fat yogurt
- 1 banana (try frozen banana too!)
- ½ cup old-fashioned rolled oats
- 1 tablespoon honey
- 1 cup coconut water (or other liquid- water, orange juice)

Directions:

Place ice and raspberries in the bottom of a blender and then add all other ingredients on top. Blend until smooth. Enjoy!
(Serves 2-4)