Strawberry Oat Smoothie

Date : 01-08-2019

Ingredients

- 1 cup strawberries
- 1 cup almond milk
- 1/2 ripe banana
- 1/2 cup uncooked oats
- 1 tsp honey
- 1 tsp vanilla extract

Method

1. Place the oats in a blender and pulse until they are fully broken down
2. Add all other ingredients and blend until smooth

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3. Enjoy!

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