Breakfast

Creamy frozen berry oat smoothie

Frozen mixed berries and banana are whizzed with almond coconut milk, rolled oats, crushed ice and linseed meal into a thick, chilled drink that comes together in about five minutes.



Vegan | Dairy free

5 min	261	24.3 g	12.3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 250 g frozen mixed berries
- [ ] 1 banana
- [ ] 2 cups So Good Almond Coconut Milk
- [ ] 1/4 cup rolled oats
- [ ] 1 cup crushed ice
- [ ] 1 tablespoon linseed meal

Method

- [ ] 1 Tip the 250g frozen mixed berries, 1 banana, 2 cups So Good Almond Coconut Milk, 1/4 cup rolled oats, 1 cup crushed ice and 1 tablespoon linseed meal into a blender.
- [ ] 2 Blitz everything together until the mixture is completely smooth.
- [ ] 3 Pour the smoothie into four glasses and serve right away.

Nutrition Facts

Per serving

Calories	**261**
Total fat	18.8 g
Saturated fat	Not listed
Sodium	42 mg
Total carbs	24.3 g
Fiber	3.7 g
Total sugars	12.3 g
Protein	2.5 g

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