Breakfast, Indian

Strawberry Oat Smoothie with Almond Milk

A thick, creamy blended drink made with sweet strawberries, wholesome oats and chilled almond milk, lightly sweetened with maple syrup. It whips up in minutes, making it a handy choice for busy mornings.



Vegan | Dairy free

10 min	118	19.5 g	2.6 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1/2 cup frozen chopped strawberries
- [ ] 1 cup chilled unsweetened almond milk
- [ ] 1/2 cup quick cooking oats
- [ ] maple syrup

Method

- [ ] **1** Tip the frozen chopped strawberries, chilled unsweetened almond milk, quick cooking oats and maple syrup into a mixer jar.
- [ ] **2** Blitz everything together until the mixture is completely smooth.
- [ ] **3** Pour the blended smoothie into 2 individual glasses.
- [ ] **4** Serve immediately.

Nutrition Facts

Per serving

Calories	**118**
Total fat	2.8 g
Saturated fat	Not listed
Sodium	41 mg
Total carbs	19.5 g
Fiber	3.5 g
Total sugars	2.6 g
Protein	4 g

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