

Orange Banana Oat Smoothie



Ingredients:

- 2/3 cup orange juice
- 1/2 cup quick-cooking oats, cooked
- 1/2 cup plain yogurt
- 1 large banana
- 1 cup ice cubes

Directions:

1. Combine all ingredients except ice in a blender.
2. Blend to combine.
3. Add ice and blend until smooth.
4. Serve immediately

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>