



# Power Breakfast Smoothie

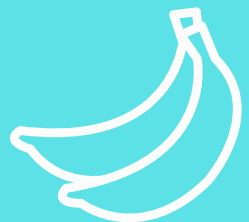
# Ingredients

- ½ cup instant oats, blended
- 2 cups skim milk (Or other milk of your choice.)
- 1 banana, peeled
- 1 cup frozen fruit (We used frozen berries.)



# Directions

1. Wash hands using warm water and soap for 20 seconds; washing your wrists, under your fingernails, and in between your fingers.
2. Measure  $\frac{1}{2}$  cup instant oats, and place in blender. Blend oats until they have turned into a powdery consistency.
3. Measure 2 cups of skim milk, or other milk of your choice and add to the blender.
4. Peel 1 banana and add to the blender. Pro tip: Break the banana into 2 or 3 pieces for easier blending.
5. Add 1 cup of frozen fruit to your blender.
6. Make sure blender is properly covered and blend on medium or high speed.
7. Blend until it has achieved a smooth & thick liquid consistency.
8. Enjoy!



# Nutrition Facts

- Serving Size = 1 shake
- Calories: 488
- Fat: 3.6 grams
- Carbohydrates: 87 grams
- Protein: 32.5 grams

