



✂ Smoothie ⏱ 5 min

Quick Chiquita Banana Oatmeal Smoothie

Almonds, oatmeal, bananas and yogurt meet up in your blender for a power breakfast. Drink this Banana Oatmeal Smoothie before your morning exercise routine and you'll have the energy you need to get through your workout.

1

Pour all ingredients in blender pouring ice in last.

2

Blend on high for 30 seconds or until smoothie thickens.

3

Enjoy your Quick Chiquita Banana Oatmeal Smoothie

INGREDIENTS FOR 2 PERSONS

- 2 whole Chiquita Bananas, best with brown flecks on peel
- 2 cups ice
- 3/3 cup yogurt - preferably non-fat Greek yogurt flavored with honey
- 2/2 cup gluten-free oatmeal, soaked in boiling water for 10 minutes
- 3/3 cup almonds

NUTRITIONAL VALUES PER PERSON

- 367 kcal Calories
- 13.7 g Fat
- 1.3 g Saturates
- 52.9 g Carbohydrate
- 23.1 g Sugars
- 8 g Fibre
- 12.2 g Protein
- 0.1 g Salt