Ingredients
- 1 cup soy milk
- ½ cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
Optional:
- ½ teaspoon vanilla
- 1 ½ teaspoons white sugar

Culinary Corner

Strawberry Oatmeal Breakfast Smoothie

Directions
1. In a blender, combine soy milk, oats, banana and strawberries
2. Add vanilla and sugar if desired
3. Blend until smooth
4. Pour into glasses and serve