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 ½ 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