

# Banana Oatmeal Smoothie

## Ingredients:

- 2 whole Bananas (best when very ripe)
- 2 cups Ice
- 1/3 cup Yogurt - *preferably Greek yogurt flavored with honey*
- 1/2 cup Cooked oatmeal
- 1/3 cup Almonds

## Directions:

1. Pour all ingredients in blender pouring ice in last. Blend on high for 30 seconds or until smoothie thickens

Calories 380; Total Fat 15 g (Sat 2 g, Trans 0 g, Poly 4 g, Mono 8 g); Cholesterol 5 mg; Sodium 35 mg; Potassium 690 mg; Total Carbohydrates 53 g; Dietary Fiber 9 g; Total Sugars 19 g; Protein 12 g. Percent Daily Value: Vitamin A 2%; Vitamin B6 25%; Vitamin C 20%; Vitamin D 0%; Calcium 15%, Iron 15%.