

Oat Milk Pink Smoothie 2.0

RELIEF FROM DIARRHEA

7 Min. Prep | Makes 1 Serving

Ingredients

- 6 fluid ounces of oat milk
 - 1/2 banana
 - 1/2 cup frozen strawberries
 - 1/4 cup rolled oats
 - 1 Tbsp. peanut butter
 - 4 ice cubes
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Directions

1. In blender, purée all ingredients until smooth.

Notes

Enjoy as a small meal like breakfast, snack or lunch. Perfect for make ahead meal prep.

Customizable ingredients:

- Use any non-dairy milk
- Substitute any berry for strawberries
- Can use almond or cashew butter instead of peanut butter.
- Can add protein powder for added boost!

Nutrition Info

368 calories, 11g protein, 12g total fat, 2g saturated fat, 150mg sodium, 60g carbs, 8g fiber, 0g added sugars

