



Banana Oat Smoothie

Overview

Difficulty Easy
Servings 1
Preparation Time 15 mins
Cooking Time 0 mins

Ingredients

- ¼ Cup Organic Rolled Oats
- ½ Cup Vanilla Flavoured Yoghurt
- ½ Cup Milk
- 1 No. Banana
- 3 No.s Pitted Dates
- ¼ Tsp Ground Cinnamon
- 5 No.s Ice Cubes

Methods

Step 1.

Mix the above ingredients in a blender.

Step 2.

Add more ice or water according to your preferred consistency.

Guten Appetit



Product Used

MightyMixx Blender

Create smoothies, crushed ice or sauces with the MightyMixx Blender. Its BPA plastic and Thermosafe glass also allows you to blend hot soups with peace of mind

