



Nut Butter, Oat & Banana Smoothie

Prep: 5 minutes plus standing

Serves: 2

- ¼ cup rolled oats
- 1 cup plus 2 tablespoons whole milk
- 1 medium ripe banana, cut into thirds
- 2 tablespoons peanut butter
- 2 teaspoons honey
- ½ teaspoon ground cinnamon

Add oats and milk to blender; let stand 10 minutes to allow oats to soften. Add remaining ingredients and blend until smooth. If consistency is too thick, add 1 to 2 tablespoons more milk and blend. Makes about 2 cups.

Approximate nutritional values per serving:

288 Calories, 13g Fat (4g Saturated), 13mg Cholesterol, 131mg Sodium, 36g Carbohydrates, 4g Fiber, 10g Protein

Chef Tip

Substitute your favorite nut butter for the peanut butter, if desired.

Dietitian's Dish

- > Although oats are naturally gluten-free, they are often processed in facilities that also handle other gluten-containing grains (like wheat). If you need to eat gluten-free, be sure to check the label or call the manufacturer for information on their processing facilities.