

Oatmeal Cookie Smoothie

Source: Food Network

Yield: 2 servings

Ingredients:

3/4 cup rolled oats
1/4 cup raisins
1/4 teaspoon pumpkin pie
spice
1 cup whole milk, plus more
if needed
1/2 cup full-fat vanilla yogurt
1 tablespoon dark brown
sugar

Nutritional Analysis:

Calories 310 calories
Total Fat 7g
Saturated Fat 3g
Carbohydrates 54g
Dietary Fiber 4g
Sugar 31g
Protein 12g
Cholesterol 15mg
Sodium 100mg



Directions:

1. Add the oats, raisins and pumpkin pie spice to the carafe of a blender and pour in the milk, adding more to cover the oats if needed. Stir completely and set aside until the oats are soft, 15 minutes.
2. Blend on high speed until pureed and smooth, about 1 minute. Add the yogurt, brown sugar and 1 1/2 cups ice, and blend on high speed until smooth, about 30 seconds. Pour into 2 pint glasses.