

## Tropical Oatmeal Smoothie

Source: Food Network Kitchen

**Yield:** 2 servings

### Ingredients:

- 1/2 cup old-fashioned rolled oats
- 1 small banana, peeled and broken into 4 pieces
- 1 1/2 cups plain unsweetened coconut milk beverage
- Juice of 1/2 small lemon (about 1 tablespoon)
- 1/2 teaspoon pure vanilla extract
- Kosher salt
- 3/4 cup frozen unsweetened mango cubes
- 3/4 cup frozen unsweetened pineapple cubes
- Fresh pineapple wedges or assorted seeds, for garnish

### Nutritional Analysis:

Calories 240 calories  
Total Fat 5g  
Saturated Fat 3g  
Sodium 135 mg  
Carbohydrates 47g  
Dietary Fibre 6g  
Protein 5g  
Sugar 24g



Photo:-Freepik.com

### Directions:

1. Add the oats to a blender, cover and blend to a fine powder. Add 2 ice cubes, banana, coconut milk, lemon juice, vanilla and 1/8 teaspoon salt, cover and blend until smooth. Add the mango and pineapple, cover and blend until smooth, at least 1 minute.
2. Pour the smoothie into two large chilled glasses and garnish with a pineapple wedge or seeds.