Strawberry Oatmeal Breakfast Smoothie

By Destiny Gonzalez, AIS Fall 2014

Quick. Healthy. Delicious.
This is a fast vegan smoothie with a deep pink color and a rich, creamy texture. This smoothie is a VERY filling breakfast substitute made perfectly for people who rush in the morning. You don’t have to give up a good breakfast when it’s this fast to make!

INGREDIENTS: (2 servings)

- 1 cup soy milk
- ½ cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- ⅛ teaspoon vanilla extract
- 1 ⅔ teaspoons white sugar

Prep Time: 5 m  
Ready In: 5 m

DIRECTIONS:

- In a blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve.