

Strawberry Oatmeal Breakfast Smoothie

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2 SERVINGS

INGREDIENTS

- 1 cup soy milk
- 1/2 cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoons white sugar

PREPARATION

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