

Angie Bloom

Healthy Protein Packed Strawberry Oatmeal Smoothie

Ingredients

- 1/2 frozen (ripe) banana
- 1 cup frozen or fresh strawberries
- 1 T Organic Flaxseed Meal
- 1 1/2 scoops vanilla protein powder
- 1/2 cup unsweetened almond milk
- 1 cup ice cubes
- 1/4 tsp. vanilla extract
- 1/2 cup oatmeal

Instructions:

1. Place the oatmeal into the blender and blend the oats until they are a fine powder.
2. Add all remaining ingredients to the ground oatmeal and blend until completely smooth. Top with additional strawberries as garnish. Enjoy straight away.

Makes 1 servings

Nutrition: Calories 424 Fat 8.6g, Carbs 56.6g, Protein 37.2g, Sugar 10.8g