

# BANANA OATMEAL SMOOTHIE



## Ingredients:

- 1/4 cup old-fashioned oats or quick oats
- 1 frozen banana
- 1 cup dairy or non-dairy milk
- 1 TBSP nut butter
- 1/2 TBSP maple syrup (optional, especially if using sweetened milk or nut butter)
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon kosher salt

## Instructions:

- Place the oats in the bottom of a blender and pulse a few times until finely ground. Add the banana, milk, nut butter, maple syrup, vanilla, cinnamon, and salt.
- Blend until smooth and creamy, stopping to scrape down the blender as needed. Taste and add additional sweetener if you'd like a sweeter smoothie. Enjoy!

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Nutrition Facts

Servings 1.0

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Amount Per Serving

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calories 366

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% Daily Value \*

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Total Fat 14 g	21 %
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Saturated Fat 2 g	9 %
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Monounsaturated Fat 1 g	
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Polyunsaturated Fat 1 g	
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Trans Fat 0 g	
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Cholesterol 0 mg	0 %
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Sodium 326 mg	14 %
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Potassium 852 mg	24 %
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Total Carbohydrate 59 g	20 %
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Dietary Fiber 8 g	34 %
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Sugars 26 g	
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Protein 9 g	17 %
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Vitamin A	11 %
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Vitamin C	21 %
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Calcium	60 %
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Iron	17 %
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