



Growing connections to fresh food.

Banana Peanut Butter & Oatmeal Smoothie

Inspired by MarthaStewart.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 1/4 cup old-fashioned rolled oats
- 1/2 cup plain yogurt
- 1 banana, cut into thirds
- 2 tablespoons peanut butter
- 1/2 cup milk
- 2 teaspoons honey
- 1/4 teaspoon ground cinnamon

Method:

In a blender, combine oats, yogurt, banana, fat-free milk, honey, and cinnamon; puree until smooth. Serve immediately.



www.hopelink.org/take-action/hopelink-harvest



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