

Banana Berry Oatmeal Smoothie

Ingredients

- 2 tablespoons of chia seeds
- 1/2 cup of frozen blueberries
- 1/2 cup of oatmeal
- 1 cup of frozen strawberries
- 1 banana
- 8 ounces of soy milk
- 4 ounces of water

Directions

Put the liquid into the blender first, then all other ingredients. Blend until smooth.

You can assemble the ingredients in the blender jar the night before, store in the fridge, then blend in the morning for an even quicker smoothie. Add a couple ice cubes if you do it this way to make sure it's cold and thick.

