

BREAKFAST INSPIRATION



STRAWBERRY & BANANA SMOOTHIE

by vegansociety.org.nz

Ingredients

2/3 c quick oats
1 1/2 c non-dairy milk of choice
2 frozen bananas *
10 strawberries (fresh or frozen)
1/4 c peanut butter (or other nut butter)
2 tbsp ground linseed (optional)

Directions

Combine all ingredients in a blender and blend until smooth.

*This will also work with fresh bananas, however we think the texture is nicer with frozen. Peel the bananas the night before, cut into chunks, and pop them in a plastic bag in the freezer for the morning.