



Refreshing vegan strawberry delight

Strawberry Banana Oatmeal Breakfast Smoothie

What You Need:

- 1 cup unsweetened almond milk or milk of choice
 - 5 to 10 fresh or frozen strawberries
 - 1 large frozen banana
- 3/4 cup rolled whole grain oats, soaked for 2 hours or more and drained
 - 1 tsp vanilla extract
 - 1 tsp chia seeds
- 1 tsp raw honey optional, (add in local honey for seasonal allergies).

What to Do:

1. Place all the ingredients into a blender and blend until smooth.