

Protein-Packed
BERRY BURST
Smoothie

Protein-Packed Berry Burst Smoothie

Recipe from GonnaNeedMilk.com

Ingredients:

- 1 packet – plain instant oatmeal
- 1/2 cup – low-fat or fat-free milk
- 1/2 cup – strawberries, hulled and chopped
- 1 tablespoon – honey
- 1/8 teaspoon – ground cinnamon
- 1 tablespoon – walnuts, chopped

Directions:

Combine the first five ingredients in the carafe of a blender. Cover and refrigerate overnight. In the morning, blend the mixture until smooth. Top with chopped walnuts.

Maine Dairy &
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DrinkMaineMilk.org



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