



Oatmeal Raisin Cookie Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Cow's Milk, Reduced Fat
1 Banana (frozen)
1/3 cup Oats (rolled)
1/4 cup Raisins
1 tbsp Cashew Butter
1/2 tsp Cinnamon
1/2 tsp Vanilla Extract

Directions

1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is approximately two cups.

More Protein: Add a scoop of vanilla protein powder.

Nutrition

Amount per serving	
Calories	617
Fat	17g
Carbs	101g
Fiber	9g
Sugar	60g
Protein	21g
Cholesterol	29mg
Sodium	188mg
Potassium	1436mg
Vitamin A	79IU
Vitamin C	12mg
Calcium	505mg
Iron	3mg