

## BREAKFAST SMOOTHIE

**Prep Time:** 7 minutes  
*\*No cook time needed*

**Included in Box:**

- ½ c. canned peaches, drained
- 1 c. 1% milk
- ¼ c. oats, uncooked

**Additional Ingredients Needed:**

- 1 medium banana
- Ice cubes
- ½ tsp vanilla extract
- ½ tsp ground cinnamon

**Directions:**

1. Add ice cubes to blender; blend until crushed (skip step if ice is already crushed)
2. Add all ingredients to blender; blend until smooth.

**Tip:** Swap half the 1% milk for yogurt for extra flavor!



**Nutrition Facts\***

**Total Servings:** 1  
**Serving Size:** 12 oz  
**Calories:** 359  
**Fat:** 4 g  
**Sodium:** 114 mg  
**Carbohydrates:** 65 g  
**Fiber:** 6 g  
**Protein:** 12.5 g  
**Carbohydrate Servings:** 4 ½

*\*Nutrient facts include canned peaches in light syrup (drained), dry instant oats, 1% milk, medium banana, vanilla extract, and ground cinnamon.*