



COMMUNITY COOKING NUTRITION EDUCATION

Fruit Oat Smoothie

Ingredient List:

- 1 cup of quick oats
- 1 cup of yogurt
- 1 apple (sliced)
- 1 banana
- ½ cup of dried cranberries
- 1 Tbsp of cinnamon
- 4 cups of water
- 5 ice cubes



Directions:

1. Cook the oatmeal as directed on the package. Add the apple, dried cranberries and cinnamon as the oatmeal is cooking.
2. Once the oatmeal has finished cooking and cooled, pour it into a large blender. Add banana, yogurt, water and ice cubes.
3. Blend until smooth.

Serves 4. Approximate cost of the recipe: \$4.67 or \$1.17 per serving.

Recipe adapted from www.wholegrainscouncil.org.

For more information on Community Cooking Nutrition Education, visit rfoodbank.org.