

Steel Cut Oats Smoothie

It is a breakfast in a cup for busy people who don't have time to sit down for breakfast in the morning. Add oats to your smoothie or your green smoothie to make it into a filling meal which will keep you going all morning.

Ingredients:

- 1/4 cup dry steel cut oats
- 1 cup almond milk
- 1 cup frozen strawberries (or fruits of your choice)
- 1 tsp xylitol (or other sweetener)
- Optional: ice if needed



<http://freshisthetaste.com/steel-cut-oats-smoothie/>

Directions:

1. Pour the oats into the base of your blender. Turn your blender onto high and blend until the oats are the texture of coarse flour, about 1 minute.
2. Add in the liquid and then the fruit. Blend until well mixed
3. Taste and adjust ice and/or sweetener if needed.

Nutrition Facts	
1 servings per container	
Serving size	1
Amount Per Serving	
Calories	240
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 41g	14%
Dietary Fiber 10g	40%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.16mg	12%
Potassium 0mg	0%
Vitamin C	90%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Adapted from the
fastmetabolismdiet.com and
original recipes