



STRAWBERRY BANANA OATMEAL SMOOTHIE

PREP TIME: 5 minutes

SERVING SIZE: 1 smoothie

SERVES: 1

INGREDIENTS

- ½ cup oats
- 1 ¼ cup soymilk
- ½ cup frozen strawberries
- 1 frozen banana
- ½ teaspoon vanilla
- ¼ cup orange juice



PREPARATION

1. Add all ingredients to a blender and blend until smooth. More liquid can
2. be added as needed for a thinner consistency.
3. Serve immediately!

SOURCE

whattheforkfoodblog.com/2014/09/19/strawberry-banana-oatmeal-smoothies/
Recipe modified by CHOICES Nutrition Education Program

Nutrition Facts

1 servings per container
Serving size 1 smoothie (603g)

Amount per serving

Calories 480

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 87g 32%

Dietary Fiber 9g 32%

Total Sugars 37g

Includes 0g Added Sugars 0%

Protein 17g

Vitamin D 0mcg 0%

Calcium 121mg 10%

Iron 4mg 20%

Potassium 1161mg 25%

*The % Daily Value 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.



This institution is an equal opportunity provider. Rev 9/17
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LICUADO DE FRESA Y PLATANO CON AVENA

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 licuado

PORCIONES: 1

INGREDIENTES

- ½ taza de avena
- 1 ¼ de taza de leche de soya
- ½ taza de fresas congeladas
- 1 plátano congelado
- ½ cucharadita de vainilla
- ¼ taza de jugo de naranja



PREPARACIÓN

1. Agregue todos los ingredientes a una licuadora y mezcle hasta que estén suaves. Se puede agregar más líquido según sea necesario para una consistencia más ligera.
2. ¡Servir de inmediato!

FUENTE

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