

Healthy Meal of the Week



Vegan Strawberry Oatmeal Breakfast Smoothie

Prep: 10 m / Eat In: 10 m

Ingredients:

- 1 cup almond milk
- 1/2 cup rolled oats
- 14 frozen strawberries
- 1 banana, broken into chunks
- 1 1/2 teaspoons agave nectar (optional)
- 1/2 teaspoon vanilla extract (optional)

Directions:

Blend almond milk, oats, strawberries, banana, agave nectar, and vanilla extract in a blender until smooth.