



# RECIPES

## Strawberry Oatmeal Chia Smoothie

### INGREDIENTS:

½ cup rolled oats  
1 cup frozen strawberries  
¾ cup milk of your choice  
¼ cup plain fat-free greek yogurt  
1 tablespoon chia seeds  
1 tablespoon honey  
1 tsp vanilla extract

### INSTRUCTIONS:

1. Add oats to blender. Process until finely ground, about 15 seconds.
2. Add the rest of the ingredients to the blender and process until mixture is smooth.
3. Serve immediately

Serves 2

*For more recipes, visit [wjmc.org/recipes](http://wjmc.org/recipes)  
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<https://cooknourishbliss.com/2014/05/09/strawberry-oatmeal-chia-smoothie/>