



## Ginger-Pear Oat Smoothie



Chef Art Smith and The Quaker Oats Company

*Bump up the nutrition in your smoothie and add a delightful creaminess - with the surprise addition of oatmeal!*

### INGREDIENTS

1 cup skim milk or plain nonfat yogurt  
1 small ripe pear, cored, skin on  
½ banana  
½ cup oatmeal  
½ teaspoon minced fresh ginger  
1 tablespoon flax oil, optional  
4 ice cubes

### INSTRUCTIONS

1. Puree all ingredients in a blender until smooth and creamy, about five to ten minutes to ensure the ginger is well blended.

*For more great oat recipes, visit [The Quaker Oats Company](#).*

**Nutrition facts per serving:** Calories: 190, Total Fat: 2 g, (Saturated Fat: 0 g), Sodium: 50 mg, Carbohydrate: 38 g, Fiber: 5 g, Protein: 7 g.

**makes:** 2 servings

**serving size:** 8 oz (1 cup)