

Berry Oat Smoothie

Servings: 2

Prep Time: 10 Min

Cook Time: 0

Ingredients

- 200g frozen berries
- 175ml plain yoghurt
- 30ml honey (to taste)
- 3 – 5ml grated ginger
- 25g Quick Cooking Oats

Directions

1. Combine the ingredients in a blender, except for the oats if making the berry smoothie.
2. Puree until smooth, about 1 minute. Add water to reach the desired consistency. Stir the oats into the berry smoothie reserving a few for sprinkling on top.

