

Berries & Oat Smoothie



Serves 2

£1.04 per serving*

You'll need:

1 cup of frozen berries
1/2 cup of rolled oats
A splash of vanilla
A drizzle of honey or agave syrup
(optional)
Approx. 300mls of oat milk



How to do it:

Pop your berries into a large microwave proof jug and zap for 1 minute 30 seconds. This will just defrost them and help them to release their juices.

Next add your oats to the jug as well as your vanilla and milk.

Carefully use a stick blender to create a thick, smooth lilac coloured liquid. You can vary the amount of liquid and add more milk if you prefer at the end.

Your smoothie is ready to drink at this stage. However, it is likely to have lot of seeds and husks in from the berries and oats.

For people who prefer a smoother texture, pass the smoothie through a sieve before serving.

Your smoothie should be sweet enough with the natural flavours of the oats and berries,. If you prefer things a bit sweeter though, just add a little honey or agave.

The oats in this recipe help to make it really filling so it is perfect for a grab and go breakfast option too!