



MIXED BERRY OAT SMOOTHIE

SUBMITTED BY: Donna Anderson, Unit Clerk - SU2/7 North

I drink this smoothie almost every day before I come to work. It makes me feel full for hours, and that is really hard to do. Without the oats, I don't feel as full, so I would suggest that you add them if you have the same problem of always feeling hungry, as I do ;).

I am currently trying to intermittent fast, so I eat for 8 hours a day and then fast for 16 hours a day. I am not always successful, but I certainly try. This is what I have to break my fast every day.

I developed this recipe from several different recipes, over the years of making smoothies for my kids and I. We all love them! I hope that you enjoy this one as much as we do ;)!

INGREDIENTS:

- 1 1/4 Cup water
- 1 Cup oat milk (or milk of your choice)
- 1/2 Cup of old fashioned rolled oats (I use Bob's Redmill Old Fashioned Oats)
- 1 Scoop of protein powder of your choice (I use berry flavoured Vega One)
- 1/2 Cup frozen mixed berries
- 1 Tbsp. honey (I use Bee Maid honey, made from Canadian bees)
- 1 Tsp organic cinnamon
- 1 Small frozen banana
- 1 Tbsp. chia seeds (Optional)
- 1 Tbsp. hemp seeds (Optional)
- 4 ice cubes
- Pinch of salt

DIRECTIONS:

Makes about 1 litre of smoothie.

1. Place everything into a blender and blend for 30 to 45 seconds or blend on the smoothie setting.