Strawberry Oat Smoothie

**Ingredients**
- 1 cup frozen strawberries (about 16 medium sized frozen strawberries)
- 1 frozen banana, broken up in chunks
- ½ cup of water
- 1 cup of milk (cow, almond or soy)
- ¼ cup rolled oats
- 10-12 fresh mint leaves (optional but awesome!)

**Making it**
1. Toss everything in the blender.
2. Blend until smooth (some traces of oats may remain)

**NUTRITION FACTS**
**Servings: 550mL, 2 servings**
**PER SERVING**
- Calories (kcal): 178
- Fat (g): 2.2
- Carbohydrate (g): 35
- Fibre (g): 4.5
- Protein (g): 7

**TIPS & HINTS**
For extra protein you may add protein powder. Check out the document on protein before picking out a protein supplement!