

Strawberry Banana Oat Spinach Smoothie: Your New Go-To Healthy Sip

Strawberry-Banana-Oats-and-Spinach Smoothie ???



TIME
5 min

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INGREDIENTS

- 1 ripe banana, peeled
- ¾ cup fresh or frozen strawberries
- ¾ cup spinach (fresh or frozen)
- ¼ cup rolled oats
- ¾ cup Greek yogurt (or non-dairy yogurt)
- ¾ cup milk (dairy, almond, oat, etc.)
- 1 tbsp honey or maple syrup (optional)

DIRECTIONS

1. Add all ingredients to a blender: banana, strawberries, spinach, oats, yogurt, milk, and sweetener (if using).
2. Blend on high until smooth and creamy, about 30-60 seconds.
3. Taste and adjust sweetness or thickness as needed.
4. Pour into a glass and enjoy immediately!

TIPS FOR SUCCESS

Use frozen strawberries or bananas for a thicker, frostier smoothie without ice.

Soak oats in the milk for 5 minutes if you prefer a super smooth texture.

Batch prep: Freeze the fruit, spinach, and oats in zip bags-dump and blend when needed.

Spinach tip: Baby spinach has the mildest flavor and blends easily, even without a high-speed blender.

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Original recipe: <https://chefmaniac.com/strawberry-banana-oat-spinach-smoothie-your-new-go-to-healthy-sip/>