

NEW ZEALAND  
**Harroways**  
Oats

## Oat Smoothie

### Harroways Oat Smoothie

- 1/3 Cup **Harroways Scotch Oats**
- 1 Cup Low Fat Trim Milk
- 1 Banana
- 1 Apple (skin on)
- 1 Teaspoon Honey
- 1 Teaspoon Vanilla
- 1 Teaspoon Cinnamon



Place low fat milk and Harroways Scotch Oats into a blender with a skinned banana and a sliced, de-cored apple. Pulse the blender until desired texture is reached then flavour with honey, vanilla and cinnamon (optional). Serve fresh, makes 2 large servings.



*Each serving contains 501kJ energy, 20.8g carbohydrate, 14g sugar.*

FOR MORE RECIPES... [www.harroways.co.nz](http://www.harroways.co.nz)