

# TROPICAL OATMEAL SMOOTHIE

Preparation: **10** minutes | Cooking: **10** minutes | Servings: **2**

## INGREDIENTS

*1 small banana, peeled and broken into 4 pieces*  
*Juice of 1/2 small lemon (about 1 tablespoon)*  
*1 1/2 cups plain unsweetened coconut milk*  
*3/4 cup frozen unsweetened mango cubes*  
*3/4 cup frozen unsweetened pineapple cubes*  
*1/2 cup old-fashioned rolled oats*  
*1/2 tsp pure vanilla extract*  
*Kosher salt*  
*Fresh pineapple wedges for garnish*



## INSTRUCTIONS

Add oats to a blender, and blend into a fine powder. Add 2 ice cubes, banana, coconut milk, lemon juice, vanilla and 1/8 teaspoon salt; cover and blend until smooth. Add the mango and pineapple. Blend until there are no chunks. Pour into glass and add fresh pineapple to top if desired.