

Post-Workout Smoothie

SO DELICIOUS!

INGREDIENTS

- Bananas (2)
- Oats ($\frac{1}{2}$ cup)
- Peanut Butter (2 tablespoons)
- Greek Yogurt ($\frac{1}{2}$ cup)
- Milk (1 cup)
- Honey (1 tablespoon)
- Frozen Mixed Berries (1 cup)
- Ice Cubes (optional)

DIRECTIONS

1. Prepare Your Ingredients. Peel the bananas and measure out the oats, peanut butter, Greek yogurt, milk, honey, and frozen berries.
2. Blend the Base. In a blender, combine the bananas, oats, peanut butter, Greek yogurt, and milk. Blend until smooth and creamy.
3. Add Berries and Honey. Add the frozen mixed berries and honey to the blender. Blend again until all ingredients are well combined.
4. Adjust Consistency. If the smoothie is too thick, add more milk in small increments until you reach your desired consistency. If it's too thin, add a few extra oats.
5. Optional: Add Ice Cubes. If you prefer a colder smoothie, throw in a handful of ice cubes and blend until smooth.
6. Serve and Enjoy. Pour the smoothie into a glass or a portable container.