

## Banana Oat Smoothie

Makes 2 servings

### Ingredients

1 cup enriched rice milk  
 1 medium banana, peeled  
 ½ tablespoon honey  
 1 teaspoon grated fresh ginger  
 ¼ teaspoon freshly ground black pepper  
 ½ cup old fashioned oats

### Directions

1. Pour rice milk into blender. Add remaining ingredients. Blend until smooth.
2. Serve immediately.



APPETIZER OR SNACK



### TIP

Use frozen bananas and/or add some ice to the blender if you prefer a slightly “slushier” smoothie.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for more healthful recipe ideas.

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### Nutrition Facts

Serving Size 1 cup (206g)  
 Servings Per Container 2

Amount Per Serving

**Calories 210**    **Calories from Fat 25**

**% Daily Value\***

**Total Fat 2.5g**    **4%**

**Saturated Fat 0g**    **0%**

**Trans Fat 0g**

**Cholesterol 0mg**    **0%**

**Sodium 45mg**    **2%**

**Total Carbohydrate 44g**    **15%**

**Dietary Fiber 4g**    **16%**

**Sugars 17g**

**Protein 4g**

**Vitamin A 6%**    •    **Vitamin C 8%**

**Calcium 15%**    •    **Iron 6%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 3