



Strawberry Oatmeal Smoothie

Ingredients Per Person

25g Porridge Oats
6 medium strawberries (you can use frozen also)
1 tbsp nut butter
1 tbsp maple syrup
1 tsp of mixed seeds / chia seeds
100ml – 200ml of plant milk of your choice
Dash cinnamon

Optional

Add in 1 banana

Optional

Add in 1 tsp of CACAO powder

Tip

Soak the oats the night before in a little water for a smoother thicker result!