



## January 15- Oatmeal Berry Breakfast Shake

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=222657>

### Recipe

#### *Ingredients:*

- 1 cup oatmeal
- 1 banana
- 16 frozen strawberries
- 1 1/2 cups soy milk
- 2 teaspoon honey
- 1 teaspoon vanilla extract

#### *Directions:*

1. In blender, combine all ingredients and blend until smooth.

Yield 3 servings

### Nutrition Facts

Serving Size 2 cups (341.4g)  
Servings Per Container 3

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**Amount Per Serving**

**Calories** 280      **Calories from Fat** 35

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**% Daily Value\***

**Total Fat** 4g      **6%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 65mg      **3%**

**Total Carbohydrate** 52g      **17%**

Dietary Fiber 8g      **30%**

Sugars 21g

**Protein** 9g      **17%**

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Vitamin A 0%      •      Vitamin C 110%

Calcium 8%      •      Iron 20%

\* Percent Daily Values are based on a 2,000 calorie diet.