

# Quaker® Pineapple Banana Protein Smoothie

This bright and refreshing smoothie has the kick of ginger with 20 g of whole grain and 15 g of protein per serving.

 **Servings:** 2



## Ingredients

- 1 pack Quaker® Protein Instant Oatmeal - Banana Nut
- 1 cup orange juice
- 1 cup frozen pineapple chunks
- 1/2 cup yogurt, plain
- 1½ ginger powder, spice

 **Prep time:** 5 minutes



## Instructions

Blend all ingredients until the mixture has reached desired thickness (if too thick, add additional juice as desired).



## Nutrition Info

**Calories:** 270  
**Total fat:** 2.5 g  
**Saturated fat:** 0.5 g  
**Cholesterol:** <5 mg  
**Sodium:** 115 mg  
**Total Carbohydrates:** 54 g  
**Dietary Fiber:** 5 g  
**Total Sugar:** 22 g  
**Added Sugar:** 5 g  
**Protein:** 15 g

Source: [Quaker Oats Website](#)