

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



Prep time: 5 minutes



Ingredients

- 1 pack Quaker® Protein Instant Oatmeal - Banana Nut
- 1 cup orange juice
- 1 cup frozen pineapple chunks
- 1/2 cup yogurt, plain
- 1 ½ ginger powder, spice



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](#)