



Oatmeal Cookie Smoothie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



371 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 bananas whole frozen ()
- ☐ 0.5 tsp cinnamon
- ☐ 0.3 cup plant-based milk
- ☐ 1 tbsp raisins
- ☐ 0.3 cup rolled oats

Equipment

- ☐ blender

Directions

☐ Combine all ingredients together in a blender and whiz until smooth and creamy, adding extra non-dairy milk as necessary to achieve desired consistency. If using unsweetened non-dairy milk, add another 1 tbsp raisins.

☐ Garnish with a dash of cardamon or cinnamon if desired.

☐ Amount Per Serving

☐ Calories

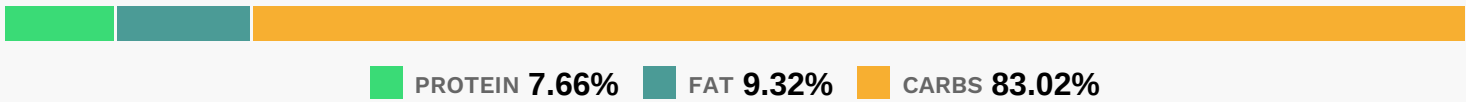
☐ Fat

☐ 70g

☐ Carbohydrate

☐ gDietary Fiber9.70gSugars41.30gProtein7.40g

Nutrition Facts



Properties

Glycemic Index:196.58, Glycemic Load:38.21, Inflammation Score:-6, Nutrition Score:18.469565018364%

Flavonoids

Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg, Catechin: 14.4mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 371.08kcal (18.55%), Fat: 4.15g (6.38%), Saturated Fat: 1.66g (10.34%), Carbohydrates: 83.2g (27.73%), Net Carbohydrates: 73.3g (26.66%), Sugar: 31.95g (35.51%), Cholesterol: 7.32mg (2.44%), Sodium: 31.09mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Manganese: 1.64mg (82.13%), Vitamin B6: 0.95mg (47.69%), Fiber: 9.89g (39.57%), Potassium: 1139.11mg (32.55%), Magnesium: 104.29mg (26.07%), Vitamin C: 21.39mg (25.93%), Phosphorus: 208.72mg (20.87%), Vitamin B2: 0.32mg (18.57%), Copper: 0.31mg (15.68%), Vitamin B1: 0.22mg (14.51%), Selenium: 9.51µg (13.58%), Folate: 54.21µg (13.55%), Vitamin B5: 1.25mg (12.54%), Calcium: 114.6mg (11.46%), Iron: 1.97mg (10.95%), Vitamin B3: 2.04mg (10.22%), Zinc: 1.39mg (9.28%), Vitamin B12: 0.33µg (5.49%), Vitamin A: 253.7IU (5.07%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.38mg (2.55%), Vitamin K: 2.17µg (2.07%)