



# Apple and oat smoothie

 Serves: 1

 Cooking Time: 1 hour

 Level: Easy



## INGREDIENTS

1 apple  
1 banana  
2 tablespoons oats (if gluten free use gluten free variety)  
1 tablespoon chia seeds  
1 teaspoon goji berries  
1 teaspoon cinnamon  
1 cup milk (cows, rice, almond, oat milk)

## PREPARATION

1. Wash and core the apple, cut into chunks and add to the blender with approx the 3rd of the milk.
2. Blend the apple into a puree.
3. Add banana, oats, chia seeds, goji berries, cinnamon, and the rest of the milk.
4. Blend again until smooth.