

Apple Oatmeal Smoothie

This recipe makes 1 serving



Ingredients

2 cups freeze dried apple chips or slices
½ cup quick oats
1 cup milk of choice
1 cup ice
1 tsp cinnamon
Pinch of cloves
Pinch of ginger
Pinch of nutmeg

This recipe is made with one or more freeze dried pantry ingredients

Directions:

1. In a blender, add the freeze-dried apples and quick oats, then blend until powdered.
2. Add the rest of the ingredients to the blender and blend until smooth.
3. Let it sit for a minute or two to allow hydration of the dry ingredients.
4. If needed, gradually add more milk and blend again until you reach your desired thickness.
5. Enjoy your fresh smoothie!

Rehydration:

The apples (and oatmeal) will take up the moisture faster when powdered before adding the liquid ingredients.

Notes:

Oatmeal is a good source of fiber and protein, which makes this a great drink for vegetarian diets.

Nutritional Value Per 1 serving

Calories: 390 Protein: 14 g Fat: 10 g Carbohydrates: 64 g Sugar: 31 g Fiber: 8 g