

# Mango Ginger Smoothie

## Ingredients

- 1/2 cup Quaker® Oats-Quick 1-Minute Oats
- 1 cup low fat or fat free milk
- 1 cup fresh or canned mango cubes (peeled, if fresh)
- 1 can (11 oz) mandarin orange segments, drained
- 2 tbsp almond butter
- 1 tbsp honey
- 1 tbsp lime juice
- 1/2 tsp ground ginger

## How to make it

1. In a blender, grind the oats until fine.
2. Add the milk and blend with oats, then add remaining ingredients and blend until smooth.
3. Serve immediately.



PREP  
TIME  
5 min



COOK  
TIME  
0 min



TOTAL  
TIME  
5 min



SERVINGS  
2

## Made with



Quaker® Oats-Quick 1-Minute Oats