

# Good Morning Smoothie

## Pick-Me-Up Smoothie



### Good Morning Smoothie

 Yield: 1 serving

 Preparation: 10 minutes

 Cooking: None

500 ml (1 bottle) of **Milk 2 Go Strawberry Splash**  
60 ml (1/4 cup) of quick cooking oats  
30 ml (2 tbsp) of **Dairyland Stirred plain yogurt**  
10 ml (2 tsp) of cocoa powder  
10 ml (2 tsp) of ground flax seeds

In a blender, place the milk and oats and let sit for 5 minutes at room temperature without turning the machine on.

Add remaining ingredients and puree until smooth.

Serve promptly.

### Pick-Me-Up Smoothie

 Yield: 1 serving

 Preparation: 10 minutes

 Cooking: None

15 ml (1 tbsp) of honey  
250 ml (1 cup) of **Milk 2 Go Banana Blast**  
250 ml (1 cup) of frozen diced mango  
60 ml (1/4 cup) of pomegranate seeds

In a blender, puree the first three ingredients until smooth.

Pour into a glass and stir in the pomegranate seeds.

Serve promptly.

### GOOD FOR YOU!

The best way to start your day off right is with a good breakfast. Smoothies are a fun and healthy option, particularly when made with nutritious ingredients like milk and fruit.