



Oatmeal Cookie Smoothie

The Ingredients

- $\frac{3}{4}$ cup rolled oats
- $\frac{1}{4}$ cup raisins
- $\frac{1}{4}$ pumpkin pie spice
- 1 cup milk (skim, whole or 2%)
- $\frac{1}{2}$ cup full-fat vanilla yogurt
- 1 teaspoon dark brown sugar

Directions

- Add the oats, raisins and pumpkin pie spice into a blender and pour in the milk. Add more milk if oats are still visible. Stir completely and set aside until the oats are soft, about 15 minutes.
- Blend on high speed until pureed and smooth, about 1 minute.
- Add the yogurt, brown sugar and 1 $\frac{1}{2}$ cups ice, and blend on high until smooth, or about 30 seconds.
- Pour into 2 pint glasses and enjoy!