



**Creative Juices
Consulting**

Raspberry Oatmeal Smoothie

- **1/2 cup frozen raspberries**
- **1/2 cup Organic plain Greek yogurt (low-fat or whole fat)**
- **1 banana**
- **1/2 cup whole grain rolled oats**
- **1 tablespoon honey**
- **1 cup coconut water (or other liquid, such as coconut milk or almond milk)**
- **1 cup ice**

Place all of the ingredients in the Vita Mix Blender in the order listed then blend until smooth.