

## Banana Oat Smoothie

### Ingredients

- 1 ripe banana
- 1/2 cup low-fat plain yogurt
- 1/2 cup skim milk
- 1/4 cup old-fashioned rolled oats
- 2 teaspoons flaxseeds
- 1 tablespoon honey
- 1 cup ice

### Directions

1. Combine all ingredients in a blender, and blend until smooth.