

Almond Oatmeal Breakfast Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
 - ½ frozen banana
 - ¼ cup rolled oats (gluten-free, if needed)
 - 1 scoop vanilla protein powder (plant-based or whey)
 - 1 tablespoon almond butter
 - ½ teaspoon cinnamon
 - 1 teaspoon chia seeds or flaxseeds (optional)
 - Ice cubes (optional, for a thicker texture)
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Instructions

1. Add all ingredients to a high-speed blender.
 2. Blend until smooth and creamy (about 45–60 seconds).
 3. Adjust thickness by adding more almond milk or ice.
 4. Pour into a glass and enjoy immediately.
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Health Benefits

- Rolled oats provide complex carbs and soluble fiber for longer-lasting energy and better digestion.
 - Almond butter & almond milk deliver healthy fats, vitamin E, and magnesium for heart and skin health.
 - Banana offers potassium and natural sweetness.
 - Protein powder fuels muscles and supports fullness.
 - Chia or flaxseeds add fiber and omega-3s to regulate digestion and reduce inflammation.
 - Cinnamon helps stabilize blood sugar and adds flavor warmth.
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