



## Quick Chiquita Banana Oatmeal Smoothie

### Ingredients for 2 persons

- 2 whole Chiquita Bananas, best with brown flecks on peel
- 2 cups ice
- 1 1/4 cup yogurt - preferably non-fat Greek yogurt flavored with honey
- 1 1/2 cup gluten-free oatmeal, soaked in boiling water for 10 minutes
- 1/4 cup almonds

