

Vegan banana oat smoothie



Ingredients (serves 1)

1 medium ripe banana

200 g rice milk

30 g porridge oats

Ground cinnamon

Method

1. Soak the oats in the rice milk for twenty minutes.
2. Add the banana in container and sprinkle with ground cinnamon to taste.
3. Blend everything until obtaining a thick and homogenous smoothie.

Recommendations

If using yogurt, hydrate the porridge oats with milk or any other kind of plant-based milk.