

# Orange-Oat Smoothie

Swick

Serves 2 | Active Time: 5 minutes | Total Time: 5 minutes

## Chef's Notes

\*This recipe will not work the same if you use a regular powered blender. Trust us, we have tried it. With a regular blender the ingredients do not come out smooth and silky—they come out sort of chunky and chewy.

\*\*Tangerines work well, too.

## Step 1: Making the Smoothie

- 1/2 cup cooked whole-grain oats
  - 1/4 to 1/2 fresh orange (with peel), cut into wedges\*\*
  - 1 cup fresh orange juice
  - 1/2 cup water
  - 2 tsp sweetener, if needed
  - 1/2 to 1 cup ice cubes
  - pinch of sea salt
  - ground cinnamon for garnish
- To prepare the smoothie, place everything into a high-powered blender\* and blend until very smooth.
- Note: This recipe uses the orange with the peel, therefore it's best to buy organic oranges, if you can. Also, wash the orange well before cutting. The peel adds an incredible boost of flavor that is balanced by the oats.
- Garnish with fresh cinnamon, if desired.