

# PEANUT BUTTER OATMEAL SMOOTHIE

## INGREDIENTS

¼ cup oats  
1 banana  
¼ cup peanut butter  
1 tablespoon honey  
1 cup 3.25% milk

## PREPARATION

Add all the ingredients into a blender and blend until smooth. Enjoy!

Recipe inspiration from [www.thegeriatricdietitian.com](http://www.thegeriatricdietitian.com)

[apainintheback.org](http://apainintheback.org)

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