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Banana Oat Shake (E)

Here's a great way to fuel your morning with protein and healthy carbs. It's helpful for a nursing Mama's milk supply, too! The Banana Oat Shake recipe is found in the "Shakes, Smoothies, Frappas, and Thin Thicks" section of the Trim Healthy Mama Cookbook, page 413. This recipe is a single-serve recipe that makes about 3 cups. For a Banana Oat Shake Crossover-Version, please see the Recipe Notes below.

Serving Size: Single-serve

INGREDIENTS:

- 1/2 large banana (or 1 small)
- 1/2 cup old fashioned rolled oats (cooked)
- 3/4 cup unsweetened almond milk (or cashew milk)
- 1/2 cup 1% cottage cheese
- 1.5 cups ice cubes
- 1/2 scoop THM Pristine Protein Powder
- 1 & 3/4 tsp THM Super Sweet Blend (or 4 tsp Gentle Sweet)
- 1/3 tsp banana extract (1/3 to 1/2)
- 1/8 tsp cinnamon (or nutmeg)
- 1 pinch mineral salt
- 1/4 tsp THM Glucomannan ("glucic") (optional)

INSTRUCTIONS:

1. Put the banana, cooked oats, and almond milk in a blender and blend well.
2. Add all the other ingredients and blend until a smooth puree.
3. Pour into a glass and top with an extra sprinkle of nutmeg.

Note: Nursing and pregnant women who need more Crossovers can include 1 tablespoon sugar-free natural-style peanut butter or 1 tablespoon heavy cream, if desired.

This and other delicious THM recipes can be found at
www.TrimHealthyMembership.com