



## Toasted Oat and Pecan Smoothie

Pecans take center stage in this smoothie recipe along with oats, hints of banana, cinnamon, maple and vanilla for a nutritious breakfast that will start your morning with plant protein.

### INGREDIENTS

- 1 cup raw pecan halves
- 1/2 cup old-fashioned oats
- 1 cup almond or cashew milk\*
- 1 cup whole Greek yogurt\*
- 2 bananas, cut into slices and frozen
- 3 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- Pinch of kosher salt
- Grated nutmeg, for topping (optional)

Pecan pieces or pecan halves, chopped (optional)

### METHOD

Preheat an oven to 350 degrees F. Place oats and pecan halves on a rimmed baking sheet, and bake in the oven, stirring occasionally, until toasted and fragrant (12 to 15 minutes). Let cool completely.

Add toasted oats and pecans to a blender, and blend until finely ground. Add milk, yogurt, frozen bananas, maple syrup, cinnamon, vanilla and a pinch of salt, then blend until smooth. Divide between 2 glasses and top with grated nutmeg and pecan pieces or pecan halves, chopped if using. Enjoy immediately.

### Recipe Notes:

You may use lighter milk and yogurt if desired here.

### NUTRITION

Calories 390 Fat 24g Sat Fat 5g Sodium 80mg Carbs 39g Fiber 5g Protein 11g