



**BODYBUILDING.com**™

### **Oat Cocoa Smoothie**

If you miss your warm oatmeal or hot cocoa in these warm summer days, look no further than this chilled chocolatey oatmeal shake. Made with Signature Oatmeal Cookie whey, quick-cook oats and ground flaxseed, this shake has all the fiber and nutrition of a hearty bowl of oatmeal in a convenient on-the-go shake. A healthy dose of cocoa and cinnamon means you can simultaneously satisfy your mocha craving while you kick-start your morning with this refreshingly cool breakfast shake.

**Prep time:** 5 min.    **Cook time:** 0 min.

Serving size: 1 smoothie

Recipe yields 1 serving

#### **Ingredients**

1 cup skim milk  
1 scoop Signature Oatmeal Cookie whey  
1 tsp vanilla extract  
1/2 cup plain low-fat yogurt  
1/4 cup quick-cook oats  
1 tbsp ground flaxseed  
1 tsp unsweetened cocoa powder  
Dash ground cinnamon or cardamom  
1 small banana, frozen

#### **Directions**

1. In a blender, combine all ingredients and blend until completely smooth.
2. Pour into a tall glass and serve.