

Steel Cut Oats, Nut Butter, Banana, Blueberry Shake



TIPS:

1. This fully flavorful and easy to make shake combines protein and fiber rich steel cut oats with nut butter protein, banana, blueberries (which can be replaced by any favorite fruit), coconut milk, beneficial bacteria-rich kefir, a shot of flavor-enhancing spices and a touch of honey. Great stuff as a satisfying meal replacement or post exercise energy boost!

2. About coconut milk: Coconut milk is an anti-inflammatory alternative to regular milk and can be substituted with almond milk, hemp milk, or any other alternative milk drink.

3. Frozen bananas make for thicker shake consistency: To make **frozen bananas** easy to handle, peel **fresh bananas**, put the **peeled bananas** in a plastic bag, squeeze as much of the air out of the bag as possible (to prevent freezer burn),...



...seal the bag, and store the **bananas** in the freezer.



Preparation Time: 5-7 minutes

Blending Time: about 1 minute

Needed

(to make one 12-14 ounce shake)

1-2 Tablespoons Cooked Steel Cut Oats

1 Tablespoon Nut Butter

1/2 Banana (preferably frozen)

1 Handful Fresh Blueberries (or any other favorite fruit)

Light Dash of Ground Ginger

Shake of Ground Cinnamon

Shot of Vanilla Extract

2-3 Ounces Coconut Milk

2-3 Ounces Plain Low Fat Kefir

Shot of Honey

1-2 Handfuls of Ice

Blender
Tablespoon



1. Add the following to a blender:

**1-2 tablespoons cooked steel cut oats, 1
tablespoon nut butter, and 1/2 banana
(preferably frozen)**



1 handful of rinsed fresh blueberries (or any other favorite fruit)



light shake of ground ginger, good shake of ground cinnamon, shot (about 1 teaspoon) of vanilla extract



2-3 ounces coconut milk and **2-3 ounces plain low fat kefir**



shot of honey and **1-2 handfuls of ice**



2. Put the blender jar on the blender base, securely cover the jar,...



...turn the blender on at **HIGH** speed, and blend for about 1 minute until what you have in the blender looks about...



...this.



2. Pour and enjoy!



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