

Quick Oatmeal Smoothies For Nursing Moms



Strawberry oatmeal smoothie

- Blend frozen strawberries, rolled oats, nuts, and low-fat milk into a smooth-flowing smoothie.
- Enjoy the smoothie with a snack of choice.

Green lactation smoothie

- Blend frozen peach, spinach, rolled oats, milk of choice, and three pitted dates into a smooth drink.
- Serve immediately or refrigerate for later use.



Merry berry smoothie

- Blend frozen berries such as blueberries and raspberries, rolled oats, Greek yogurt, milk of choice, and flaxseeds into a smoothie.
- Refrigerate for ten minutes before relishing it with baked veggie chips or any other snack of choice.

