

# strawberry banana lactation smoothie

**Makes 1 serving**

RECIPE ADAPTED FROM: [Exclusive Pumping](#)

PREP TIME: 5 minutes

---

¼ cup rolled oats, dry (not cooked)

½ banana

4 frozen strawberries

½ cup milk

¾ cup plain Greek yogurt

1 tsp Brewer's yeast

1 tsp flax seed

1-2 tsp honey (optional)

---

PUT oats into blender and process until well ground.

ADD remaining ingredients and blend until smooth.

ADD more liquid, if needed, until desired consistency is achieved.

