

# Smoothie with omega 3 DHA+EPA oil

Ingredients required for 2 persons

**Preparation time** 10 minutes

**Difficulty** easy

## Ingredients

150 g strawberries  
2 frozen bananas  
4 EL oats  
300 g unsweetened yogurt or soy yogurt  
100 ml water or orange juice  
1 TL honey  
4 EL omega 3 DHA+EPA oil



## Preparation

Peel bananas, cut in half and put them in the freezer overnight.  
Wash strawberries, remove stems and mix in a blender with the bananas until smooth. Add the remaining ingredients and mix well. Garnish with strawberries.