

## Beverages

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# Ginger, Berries & Oats

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Cooking Light Magazine - September, 2012

### Servings: 1

*If you use frozen fruit, you may not need as much ice. Frozen fruit is as nutrient-packed as fresh fruit - just choose those with no added sugars.*

*If you do not wish to use dairy products, most milk alternatives (soy, rice) have roughly the same calories as 1% milk - about 100 per cup.*

**1/4 cup prepared oatmeal**

**1/4 cup 1% low-fat milk**

**1/2 teaspoon grated fresh ginger**

**1 cup fresh blackberries**

**1/2 cup sliced strawberries**

**1 teaspoon honey**

**1/2 cup crushed ice**

Place all of the ingredients in a blender. If adding ice, place it in the container last.

Process until smooth.

Serve in a tall glass, preferably chilled.

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Per Serving (excluding unknown items): 72 Calories; 1g Fat (11.1% calories from fat); 3g Protein; 15g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Fruit; 1/2 Non-Fat Milk; 0 Fat; 1/2 Other Carbohydrates.