

Posted on 1 May 2013

*by ewfood*

# Good Morning Shake



## Ingredients

1.5 cup fat-free milk
0.5 apple, peeled and cored
1 slice peleed, seeded papaya
1 tbsp quick-cooking oats
0.5 tsp vanilla extract
6 ice cubes

## Preparation

1. This is how you will do it so easy.
2. In a blender, combine the milk, apple, papaya or banana, oats, vanilla, and ice. Process until smooth and frosty.

## Cooks Note