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## Good Morning Shake



## Ingredients

1.5 cup fat-free milk  
0.5 apple, peeled and cored  
1 slice peeled, 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

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