

Zucchini Bread Recipes

Creamy Oreo Smoothie

Indulge in a quick, chocolate-kissed smoothie that's both creamy and comforting.

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Beverage** Course

Ingredients

Main Ingredients

- [ ] 6 Oreo cookies, crushed
- [ ] 1 cup vanilla ice cream
- [ ] 1 cup whole milk (or substitute)
- [ ] 1/2 cup Greek yogurt
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp honey (optional)

Instructions

1. Gather all ingredients and place the crushed Oreos in the blender; let them sit for a minute to soften.



2. Add the ice cream, milk, Greek yogurt, vanilla extract, and honey to the blender.



3. Blend on high for about 30 seconds, or until the mixture is smooth and creamy.



4. Taste and adjust sweetness if needed, then give a quick pulse to incorporate any added honey.



5 Pour into chilled glasses, sprinkle a few extra crushed Oreos on top, and serve immediately.



Nutrition per serving

340 kcal	9 g	45 g	13 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra chill, use frozen milk or add a handful of ice cubes.
- If you prefer a thicker texture, reduce the milk by half.
- A pinch of sea salt can enhance the chocolate flavor.