

Plate Dream

Creamy Oreo Smoothie – Quick & Delicious

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

Ingredients

Main Ingredients

- [ ] 8 Oreo cookies, slightly crushed
- [ ] 1 cup whole milk (or almond milk)
- [ ] 1 cup ice cubes
- [ ] ½ tsp vanilla extract
- [ ] ¼ tsp sea salt

Optional Sweetener

- [ ] 1 tsp honey or maple syrup (optional)

Instructions

1. Gather all ingredients on the counter; I always line up the cookies, milk, and ice so nothing gets missed.
2. Place the milk and vanilla into the blender; give it a quick whirl to combine.
3. Add the ice cubes, then the crushed Oreo pieces; blend on medium until smooth but still a bit textured.
4. Taste and add honey if you prefer extra sweetness; a brief pulse mixes it in without over-blending.
5. Pour into chilled glasses, sprinkle a few extra Oreo crumbs on top, and enjoy immediately. For a fun twist, try a splash of caramel frappe drizzle.

Nutrition per serving

250 kcal	5 g	32 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keep the cookies slightly coarse for texture – too fine and you lose the crunch.
- If the smoothie is too thick, add a splash more milk; if too thin, toss in a few extra ice cubes.
- For a richer mouthfeel, use half-and-half instead of milk.