

Helergon Kitchen

Creamy Oreo Smoothie

A quick, velvety blend of Oreo cookies, milk, and ice that feels like dessert in a glass.

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

Ingredients

Main Ingredients

- [ ] 8 Oreo cookies, slightly crushed
- [ ] 1 cup cold milk (whole, almond, or oat)
- [ ] 1 cup ice cubes

Optional Add-ins

- [ ] ½ tsp vanilla extract
- [ ] 1 tsp honey or maple syrup
- [ ] Pinch of sea salt

Instructions

1. Place the crushed Oreo cookies into the blender and pour in the cold milk.
2. Blend on medium speed for about 20 seconds until the mixture is smooth and the cookies are fully incorporated.
3. Add the ice cubes (and optional vanilla, honey, or salt) and blend on high for 30-40 seconds until frothy and thick.
4. Taste and adjust sweetness if needed, then give it a quick final blend.
5. Pour into chilled glasses, garnish with an extra Oreo or a sprinkle of crushed cookies, and serve immediately.

Nutrition per serving

250 kcal	6 g	33 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the smoothie is too thin, add a few more ice cubes or a frozen banana.
- For an extra indulgent twist, swirl in a spoonful of peanut butter before serving.
- Keep the blender lid slightly ajar while blending to avoid pressure build-up.