

WHOZITS & WHATZITS SMOOTHIE



Serves: 3 Smoothies (6 oz each)

Ingredients:

6oz lowfat strawberry yogurt
2 tbs. reduced-fat creamy peanut butter
¼ cup rolled oats
2/3 cup nonfat milk
4 strawberries, fresh or frozen
4 ice cubes

Instructions:

Combine all ingredients in a blender and blend until smooth. Serve immediately.

140 Calories

Nutritional Info: Main Food Category, 5.0g Total Fat, 1.0g Saturated Fat, 4mg Cholesterol, 105mg Sodium, 9g Total Carbohydrates, 2g Dietary Fiber, 11g Sugars, 5g Protein



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