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

The Disney Check is a quick and easy way to identify healthier food options. The Disney Check can be found in stores, online, on-air, at Disney themes parks, and other places where Disney products are sold. To learn more, visit DisneyCheck.com.