



Fuel Your *Magic*

## Whozits & Whatzits Smoothie

### What You'll Need:

- 6-ounce low-fat strawberry yogurt
- 2 Tbs. reduced-fat creamy peanut butter
- ¼ cup rolled oats
- ⅔ cup nonfat milk
- 4 strawberries, fresh or frozen
- 4 ice cubes

### How to Make It:

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

Nutritional Info: 140 Calories, 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

