



Peach Cobbler Smoothie



Entire recipe (about 14 oz.): 190 calories, 3.5g total fat (<0.5g sat. fat), 199mg sodium, 32.5g carbs, 4.5g fiber, 17.5g sugars, 8.5 protein

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Prep: 5 minutes



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Ingredients

1 cup frozen peach slices (no sugar added), slightly thawed
1 cup unsweetened vanilla almond milk
1/4 cup fat-free vanilla Greek yogurt
2 tbsp. old-fashioned oats
1/4 tsp. cinnamon
1/8 tsp. nutmeg
1/8 tsp. vanilla extract
1 - 2 no-calorie sweetener packets (like Truvia)
1/2 cup crushed ice (about 4 ice cubes)
Optional: ground ginger

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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