

PEANUT BUTTER AND JELLY SMOOTHIE

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 2

Nutrition (per serving)

Calories: 183

Total Carbohydrate: 30 g

Total Fat: 2 g

Dietary Fiber: 4 g

Saturated Fat: 0 g

Protein: 11 g

Sodium: 290 mg



Ingredients

- 2 cups ice
- 3 large strawberries, halved
- 2 ½ Tablespoons PB2 powdered peanut butter
- 1 ½ Tablespoons sugar free, fat free instant cheesecake pudding mix (unprepared)
- ½ cup quick oats
- ½ cup nonfat milk
- 1-6 ounce container nonfat vanilla yogurt

Directions

1. Add all the ingredients in a blender and allow to mix for about 45 seconds or until all the ingredients are blended well.