

Smoothie for Snacks

Prep Time: 5 mins

Ingredients

2 cups Frozen Fruit
1 cup Milk
½ cup Plain Greek Yogurt
2 Tbsp Oats
2 Tbsp Almonds

Makes 4 Snacks

Nutrition Information

For 1 cup:

- Protein: 14 g
- Calories: 170 kCal
- Sodium: 57 mg

Instructions

1. Prepare ingredients.
2. Make sure to blend the ingredients for at least 2-3 minutes to achieve a smooth consistency.
3. Serve in a glass and enjoy.