

Tasty Strawberry Smoothy

makes 1 serving

- 1 6 oz container low fat strawberry yogurt
- 3/4 c low fat milk
- 1/2 c frozen strawberries
- 1/4 c crushed oatmeal
- 1 tsp. ground flax
- 1/2 tsp vanilla

Add all ingredients into blender and combine until smooth.