



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

Prep: 5 minutes



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.