

Ingredients

Prep time: 5 minutes

Total time: 5 minutes

Servings: 2 (9-oz) smoothies

3/4 cup lowfat milk

1/2 cup plain Greek yogurt

1 cup Woodhill Cottage Peach Conserve

1/4 cup frozen banana slices

1/4 cup old fashioned oats

1/4 teaspoon ground cinnamon

Instructions

Combine all ingredients in a blender and process until smooth, about 1 minute.

Serve immediately.

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