

# IT'S A SNACKDOWN MEGAMOO SMOOTHIE

Servings: 2

## Ingredients:

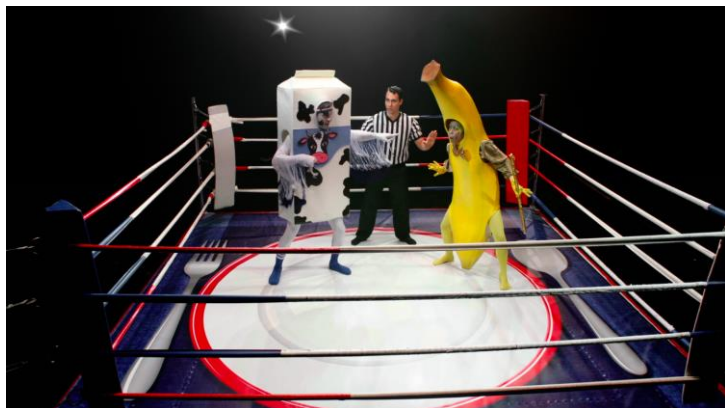
- 1 cup low-fat milk
- 1 frozen ripe banana
- 1 Tbs. creamy cashew butter
- 1 tsp. vanilla extract (no alcohol added)

## Directions:

- Place all ingredients in a blender and process until smooth. Enjoy immediately served chilled.
- Enjoy!

**ALWAYS wash fruits and veggies when preparing for cooking or eating.**

When cooking, cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.



The Mickey Check helps kids and families identify foods and beverages that meet The Walt Disney Company's Nutrition Guidelines in stores, online, in Parks and at branded experiences.