



September 2022 Newsletter Oreo Dirt Cup

Macros: 257 cals 24 P 29 C 5 F 2 fiber



INGREDIENTS

- 1 chobani zero greek yogurt, vanilla or cookies and cream
- ½ scoop Level-1 Ice Cream Sandwich
- 1 Sugar Free Jell-O Pudding Snacks, Swirled
- 4 mini oreos, crushed
- Non fat reddeni whip (optional)

DIRECTIONS

1. Combine the yogurt, pudding and level-1 in a bowl until well mixed.
2. Top with whip and crushed oreos!