








Strawberry Smoothie

Makes 4 servings



Nutrition information per serving:

Calories:	79
Carbohydrate:	15 g
Protein:	5 g
Total Fat:	1 g
Cholesterol:	1 mg
Sodium:	54 mg

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INGREDIENTS

- 1 carton (8 ounces) plain nonfat yogurt
- 1/4 cup fat-free milk
- 3 packets sugar substitute (regular sugar for non-weight reduction)

PREPARATION

1. Combine yogurt, milk, and sugar substitute in blender container.
2. With blender running add berries, a few at a time through opening in lid.

- 3 cups frozen unsweetened strawberries (fresh berries may be used)
- 1 cup ice cubes (increase amount if fresh berries are used)

3. Blend until smooth. Add ice cubes one at a time blending until smooth.

Recipe courtesy of the Los Angeles Blacks in Nutrition & Dietetics (LA BIND).