

FRESH STRAWBERRY MINT SMOOTHIE

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 2

Nutrition (per serving)

Calories: 156

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 89 mg

Total Carbohydrate: 29 g

Dietary Fiber: 3 g

Total Sugars: 23 g

Protein: 11 g

Ingredients

- 2 cups strawberries, frozen
- ½ cup plain non-fat Greek yogurt
- 1 cup skim milk
- 2 tablespoon honey
- 10-12 fresh mint leaves
- ½ teaspoon vanilla

Directions

1. Place all ingredients in a blender. Blend until fully blended and smooth.
2. Serve immediately.



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