

Berry Fine Smoothie

Ingredients

6 ounces skim or soy milk
1/2 cup "light" strawberry, vanilla or lemon yogurt
1/2 cup fresh or frozen strawberries
(with no added sugar)
3-4 ice cubes

Directions

1. Combine all ingredients in a blender.
1. Blend on high for 1-2 minutes. Add more ice cubes for a thicker consistency.
3. Enjoy!



Makes 1 servings

*Nutrition information per serving :
250 calories, .5g fat, 12g protein
50g carbohydrates, 150mg sodium*