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## **Strawberry Yogurt Smoothie**

## **INGREDIENTS:**

- ½ cup strawberries
- 1 cup low-fat vanilla yogurt
- 1/2 cup fat-free milk

## **DIRECTIONS:**

Put all ingredients in a blender and mix until smooth. Serve immediately.

**Source:** Cooking with Extension Cookbook | **Yield:** 2 (1 cup) servings; 110 Calories per serving. Total fat 1.5g; Protein 8g; Total carbohydrate 14g; Dietary fat 1g, Sodium 115mg | *Excellent source of calcium* and vitamin C



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