



Strawberry Yogurt Smoothie

INGREDIENTS:

- ½ cup strawberries
- 1 cup low-fat vanilla yogurt
- ½ 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*