

Low-Sugar Strawberry Smoothie

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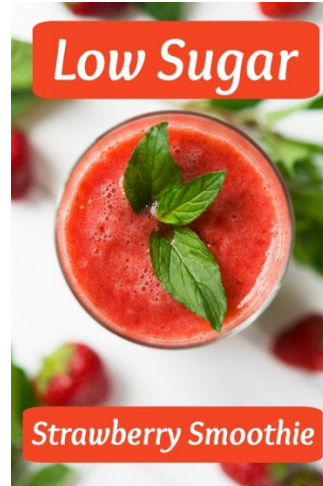
Recipe type: Smoothies

Cuisine: Fruit and Vegetable Smoothies

Serves: 1 Smoothie (16 fl oz)

Ingredients

- 8 fl oz nonfat milk
- 1 cup spinach
- 5 medium strawberries
- ¼ cup plain nonfat Greek yogurt
- 2 tbsp oats



Instructions

1. Combine all of the ingredients into a blender or food processor.
2. Pour in the milk.
3. Blend together until smooth and consistent.

Nutrition Information: (Per serving)

1 Serving (16oz)

240 calories

2 g fat

40 g carbohydrate

18 g protein

2 Servings (8oz)

120 calories

1 g fat

20 g carbohydrate

9 g protein

Recipe Modified from:

<http://allnutribulletrecipes.com/low-sugar-strawberry-smoothie/>