

## Beverages

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# Strawberry Fizz

Dash Magazine - February 2012

**Servings: 4**

**2 cups fresh or thawed frozen strawberries**

**2 cups vanilla frozen yogurt**

**pinch of ginger**

**1 tablespoon grenadinne syrup**

**ginger ale**

In a blender, whirl the berries, yogurt and ginger.

Add the grenadine.

Pour into four tall glasses.

Fill each glass to the brim with ginger ale.

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Per Serving (excluding unknown items): 114 Calories; 4g Fat (30.9% calories from fat); 3g Protein; 17g Carbohydrate; 0g Dietary Fiber; 1mg Cholesterol; 63mg Sodium. Exchanges: 1 Fat; 1 Other Carbohydrates.