

Strawberries & Cream No-Milk Shake

Ivy Larson - "Clean Cuisine"
Palm Beach Post

Servings: 1

1/4 cup old-fashioned oats
3 tablespoons chopped raw macadamia nuts
1 cup frozen organic strawberries
4 pitted dates
1/4 teaspoon pure vanilla extract
1 cup cold ice water
3 to 4 ice cubes

Place all of the ingredients except the ice in a high-powered blender. Process until smooth and creamy.

Add the ice and process again.

Drink chilled.

Per Serving (excluding unknown items): 91 Calories; trace Fat (1.1% calories from fat); 1g Protein; 24g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	trace
% Calories from Fat:	1.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.4%	Thiamin B1 (mg):	0mg
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	4mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0 0%
Carbohydrate (g):	24g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	3mg	Vegetable:	0
Potassium (mg):	216mg	Fruit:	1 1/2
Calcium (mg):	12mg	Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 17IU
Vitamin A (r.e.): 1 1/2RE

Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 91 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	24g	8%
Dietary Fiber	2g	10%
Protein	1g	

Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*