

Beverages

Low-Fat Strawberry Smoothie

Dixie Crystals Sugar

Start to Finish Time: 10 minutes

2 cups 2% milk

2 cups non-fat or lowfat yogurt

2 cups strawberries

1/2 cup Imperial Sugar extra fine granulated sugar or 1/4 cup steviacane

1 teaspoon organic honey

In a blender, blend the strawberries, milk and yogurt on low speed.

Add the sugar and honey. Blend on high speed until the texture is smooth.

Serve over ice if desired.

Yield: 1/2 gallon

Per Serving (excluding unknown items): 331 Calories; 10g Fat (27.3% calories from fat); 18g Protein; 44g Carbohydrate; 7g Dietary Fiber; 37mg Cholesterol; 246mg Sodium. Exchanges: 1 1/2 Fruit; 2 Non-Fat Milk; 2 Fat.