

## Beverages

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# Strawberry Orange Smash Smoothie

www.splenda.tastebook.com

**Servings: 5**

**Start to Finish Time: 10 minutes**

**3 cups frozen strawberries, unsweetened**

**2/3 cup Splenda no calorie sweetener**

**1 1/4 cups orange juice, calcium fortified**

**1 cup plain, non-fat yogurt**

**1/2 teaspoon vanilla extract**

**1/4 cup ice cubes**

Add all of the ingredients to a blender. The blender will be full. Mix on low speed for 10 seconds.

Remove the lid. Stir with a wooden spoon. Mix on medium speed for 15 to 20 seconds.

Remove the lid and stir again. Mix on high speed for 15 to 20 seconds or until smooth.

Pour into glasses.

Serve immediately.

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Per Serving (excluding unknown items): 148 Calories; trace Fat (1.8% calories from fat); 1g Protein; 39g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 2 1/2 Fruit.