

**Beverage**

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# **Strawberry Smoothies**

Taste of Home Cooking School

**Servings: 3**

**1 cup milk**

**1 cup strawberry yogurt**

**1 pint vanilla ice cream**

**1 medium banana chips, quartered**

**1/2 cup frozen unsweetened strawberries**

**1 tablespoon honey**

In a blender, combine the milk, yogurt, ice cream, banana, strawberries and honey.

Cover and process until smooth.

Pour into chilled glasses.

Serve immediately.

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Per Serving (excluding unknown items): 306 Calories; 16g Fat (44.2% calories from fat); 6g Protein; 38g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 112mg Sodium. Exchanges: 1/2 Fruit; 1/2 Non-Fat Milk; 3 Fat; 2 Other Carbohydrates.