

Mixed Berry Smoothie



Gratiot-Isabella Tech. Ed. Center

Ingredients

½ cup strawberries, washed
2 Tbsp. lemon juice
2 individual packets stevia
10.6 oz. Dannon light and fit
mixed berry Greek yogurt
2 cups ice

Directions

Hull and slice strawberries.
Place all ingredients in a blender
Blend until smooth

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 2

106

0

0

6mg

59mg

17g

2g

13g