



Double-O-Strawberry Quickie Kiwi Smoothie



Entire recipe: 167 calories, 0.5g total fat (0g sat. fat), 59mg sodium, 38g carbs, 5g fiber, 25.5g sugars, 4.5g protein

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Ingredients

4 oz. (1/2 cup) fat-free strawberry yogurt with about 100 calories per 6-oz. serving
1 cup frozen unsweetened strawberries, partly thawed

1 cup crushed ice (or 5 - 8 ice cubes)

Directions

Place all ingredients in a blender. Blend at high speed until smooth.

Pour into a tall glass and sip away... maybe even with a schmancy straw!

MAKES 1 SERVING

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