

Strawberry Smoothie



Ingredients:

- 1 cup whole strawberries, frozen (you can freeze your own strawberries when they are in season)
- 1/4 cup nonfat plain Greek yogurt
- 1 tablespoon nut butter (almond, sunflower, peanut)
- 2 teaspoons honey
- 1 teaspoon pure vanilla extract
- 3/4 cup unsweetened almond milk or low-fat milk

Directions:

1. Place all ingredients in high powered blender.
2. Blend until smooth.
3. Serve immediately or

Makes 2 servings 8 oz each.