

Strawberry Yogurt Smoothie

1-1/2 cups cold fat free milk
1-1/2 teaspoons strawberry sugar free
Kool-Aid® mix
1 container (8 oz.) vanilla low fat yogurt
1 cup frozen strawberries

Place all ingredients in blender in order listed; cover. Blend on high speed until smooth. Serve immediately. Makes 4 servings.

Nutrition information per serving: 100 calories; 6 grams protein; 1 gram fat;
18 grams carbohydrate; 85 mg sodium