

## **Strawberry Lemon Smoothie**

½ cup sugar free lemonade

6 oz vanilla yogurt (2 grams or less added sugar), frozen

5 large strawberries

Optional: 1 scoop unflavored, vanilla or strawberry protein powder

Freeze container of yogurt. Place ingredients in blender and blend until smooth.

Makes 1 serving

Nutrition information per serving (not including optional protein powder): 116 calories, 5 grams protein, 0 grams fat, 22 grams carbohydrate, 77 mg sodium.