

Summer Time Smoothie

1/2 cup frozen strawberries
(or other frozen fruit such as
bananas, blueberries, peaches)
6 oz. Light & Fit® strawberry yogurt
(or other flavor to complement
your smoothie flavor)
1/2 cup skim milk
1/2 cup ice cubes
2 TBS lite Cool Whip®, frozen

Blend until smooth; serve immediately. Adjust amounts to make the consistency you enjoy the most. Makes one serving.

Nutrition information per serving: 163 calories; 9 grams protein, 1 gram fat, 39 grams carbohydrate; 158 mg sodium