



Energizing Strawberry Smoothie

****Multiply recipe by 2****

This is a great recipe for breakfast. You can also use almond or soy milk to create a dairy-free version.

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Coffee, brewed	119 mL
3/4 cup	Greek Yogurt	178 g
1 cup	Strawberries, frozen	113 g
1/2 each	Avocado, medium	1/2 each
1 tsp	Vanilla Extract	5 g
2 Tbsp	Honey	30 g
1/2 tsp	Cinnamon, ground	1.5 g

Preparation:

1. Place all ingredients in a blender and puree until smooth.
2. Enjoy immediately!

Nutrition Facts

Serving size ~ 1.25 cups
Servings 2

Calories 230
Calories from Fat 70

Total Fat 8 g
Saturated Fat 1 g
Trans Fat 0 g
Monounsaturated Fat 5 g
Cholesterol 5 mg
Sodium 40 mg
Carbohydrates 32 g
Dietary Fiber 5 g
Sugars 26 g
Protein 11 g

Vitamin A 2 %
Calcium 10 %
Vitamin C 8 %
Iron 4 %
Phosphorus 153 mg
