

# STRAWBERRY-ORANGE SMOOTHIE

SERVING SIZE: 4 PEOPLE



- 2 3/4 cups frozen, unsweetened strawberries
- 1/2 cup Splenda Granular
- 1 cup orange juice
- 3/4 cup non-fat plain yogurt
- 1 teaspoon vanilla extract
- 1/4 cup ice cubes

Serving Size:	1
Calories:	97 Kcals
Fat:	<1 g
Protein:	3 gm
Carbohydrates:	22 gm
Sodium:	28 mg

Combine all ingredients in blender and blend on low speed 15 to 20 seconds.  
Stir, cover and blend on medium speed until smooth.  
Pour into glass and serve immediately.



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