



## Double-O-Strawberry Quickie Kiwi Smoothie



Entire recipe: 167 calories, 0.5g total fat (0g sat fat), 59mg sodium, 38g carbs, 5g fiber, 25.5g sugars, 4.5g protein

**Green Plan [SmartPoints](#)® value 9\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 9\***

**Purple Plan [SmartPoints](#)® value 9\***



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

### Ingredients

4 oz. (1/2 cup) fat-free strawberry yogurt with about 100 calories per 6-oz. serving  
1 cup frozen unsweetened strawberries, partly thawed

1 cup crushed ice (or 5 - 8 ice cubes)

### Directions

Place all ingredients in a blender. Blend at high speed until smooth.

Pour into a tall glass and sip away... maybe even with a schmancy straw!

MAKES 1 SERVING

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.