



Strawberry Lemonade Smoothie



Entire recipe (about 12 oz.): 175 calories, 0g total fat (0g sat. fat), 43mg sodium, 35g carbs, 4g fiber, 22.5g sugars, 10g protein

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Prep: 5 minutes



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Ingredients

1 cup frozen strawberries
1/2 cup fat-free strawberry Greek yogurt
1 tbsp. lemon juice
2 natural no-calorie sweetener packets
1/2 cup crushed ice (about 4 ice cubes)
1/4 cup freeze-dried strawberries, crushed

Directions

Place all ingredients except freeze-dried fruit in a blender with 1/2 cup water, and blend at high speed until smooth, stopping and stirring if needed.

Stir in freeze-dried fruit.

MAKES 1 SERVING

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