



## Give this recipe a try! Strawberry Smoothie

**Prep time:** 5 minutes

**Ingredients:**

- 2 ice cubes
- 1 c. low-fat milk
- 1/3 c. low-fat cottage cheese
- 2/3 c. frozen strawberries
- 1 1/2 tsp. sugar
- 1 tsp. vanilla extract

**Directions:**

1. Pour all of the ingredients into a blender.
2. Put the lid on the blender and blend for 45 to 60 seconds until smooth.
3. Pour your smoothie into a glass and enjoy.

**Serves:** 1

**Serving size:** 1 large glass

**Nutritional analysis (per serving):**

289 calories

19 g protein

2 g fat

49 g carbohydrate

3 g fiber

7 mg cholesterol

430 mg sodium

369 mg calcium

0.8 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

Source: [www.kidshealth.org](http://www.kidshealth.org)

