

Strawberry Yogurt Smoothie

submitted by pinku



Per serving: 292 Calories • 21.7g Carbs (3g Fiber) • 16.5g Fat • 14.7g Protein

Ingredients

Ingredients scaled to: 1 serving

1 cup, halves **Strawberries** (152 grams)

1/2 cup **Whole milk** (122 grams)

1/2 cup **Greek yogurt** (120 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!