

Chocolate Covered Strawberry Smoothie

8 Servings • 1 Serving = 1/2 Cup

Tips on Strawberries



How To Store

Store strawberries with paper towel in container or plastic wrap in refrigerator



How To Use

Eat fresh as a snack, add to smoothies, yogurt, oatmeal, or salads.



Health Benefits

Source of vitamin C for immune support & skin health, plus fiber for digestion & blood sugar control.

INGREDIENTS

- 1 cup plain Greek yogurt
- 3 cups frozen strawberries
- 1 cup 1 % milk
- 1/4 cup unsweetened cocoa powder
- 2 Tablespoon honey
- 2 teaspoon vanilla extract

DIRECTIONS

1. Add Greek yogurt, frozen strawberries, milk, cocoa powder, honey, and vanilla extract to a blender.
2. Blend until smooth.
3. Serve immediately or save in the refrigerator for up to 2 days.

Nutrition Facts

4 servings per container
Serving size 1 cup (235g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 1.5g 2%
Saturated Fat 1g 5%
Trans Fat 0g

Cholesterol 5mg 2%

Sodium 50mg 2%

Total Carbohydrate 22g 8%

Dietary Fiber 4g 14%

Total Sugars 16g

Includes 5g Added Sugars 10%

Protein 10g

Vitamin D 0mcg 0%

Calcium 160mg 10%

Iron 2mg 10%

Potassium 406mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsa.org/recipes



www.chefsa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

This institution is an equal opportunity provider.

Batido de Fresa Cubierto de Chocolate

8 Porciones • 1 Porción = 1/2 Taza

Consejos de Fresa



Como Almacenar

Guarde las fresas con una toalla de papel en un recipiente o film transparente en el refrigerador.



Como Usar

Cómelos frescos como snack, agrégelos a batidos, yogur, avena o ensaladas.



Beneficios para la Salud

Fuente de vitamina C para apoyar el sistema inmunológico y la salud de la piel, además de fibra para la digestión y el control del azúcar en la sangre.

INGREDIENTES

- 1 taza de yogur griego natural
- 3 tazas de fresas congeladas
- 1 taza de leche 1%
- 1/4 de taza de cacao en polvo sin azúcar
- 2 Cucharada de miel
- 2 cucharaditas de extracto de vainilla

PREPARACIÓN

1. Agrega yogur griego, fresas congeladas, leche, cacao en polvo, miel y extracto de vainilla a una licuadora.
2. Licue hasta que quede suave.
3. Sirva inmediatamente o guárdelo en el refrigerador hasta por 2 días.

Nutrition Facts

4 servings per container

Serving size 1 cup (235g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 50mg 2%

Total Carbohydrate 22g 8%

Dietary Fiber 4g 14%

Total Sugars 16g

Includes 5g Added Sugars 10%

Protein 10g

Vitamin D 0mcg 0%

Calcium 160mg 10%

Iron 2mg 10%

Potassium 406mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsa.org/recipes



www.chefsa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

Esta institución es un proveedor de igualdad de oportunidades.