

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 (147g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 29g	11%
Dietary Fiber 5g	18%
Total Sugars 20g	
Includes 9g Added Sugars	18%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 2mg	10%
Potassium 436mg	10%

*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.



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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, agrégalos 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
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