



Chocolate Covered Strawberry Smoothie

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 cup plain Greek yogurt
- 3 cups frozen strawberries
- 1 cup 1% milk
- ¼ cup unsweetened cocoa powder
- 1 Tablespoon honey
- 2 teaspoons vanilla extract

DIRECTIONS

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

Nutrition Facts	
4 servings per container	
Serving size	1 cup (242g)
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 23g	8%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 5g Added Sugars	10%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 2mg	10%
Potassium 424mg	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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