

Strawberry Milk

2 servings

Adults should aim for 3 servings from the dairy group each day. Try to choose low-fat or fat-free dairy foods, such as 1% or skim milk and low-fat or fat free cheese and yogurt.

- 1½ cups fat-free milk
- ½ cup strawberries (fresh or frozen, thawed), gently rub fresh strawberries under cold running water, chopped*
- ½ tablespoon sugar
- ½ teaspoon vanilla extract

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!
4. Store leftovers in a sealed container in the refrigerator for up to four days.

*Other types of fruits can be used, such as raspberries, blueberries, or peaches.



Nutrition Information per Serving (1 cup): Calories 90, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 75mg, Total Carbohydrates 15g, Fiber 1g, Total Sugars 14g, includes 3g Added Sugars, Protein 7g, Vitamin D 10%, Calcium 20%, Iron 0%, Potassium 8%.