



### **Simple Strawberry Smoothie**

1 Serving



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## Simple Strawberry Smoothie

1 Serving



DOUBLE UP

Nebraska Lincoln

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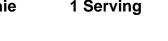


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Nebraska Lincoln

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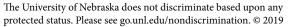




## **Simple Strawberry Smoothie**

Nebraska Lincoln





### Simple Strawberry Smoothie

### Ingredients:

• 1/4 c. low-fat yogurt (vanilla or strawberry)

1/2 c. frozen strawberries
1/2 frozen banana

1 Serving

• 1/3 c. skim milk

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1/2 c. frozen strawberries 1/2 frozen banana

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#### Directions:

- 1. Wash hands with warm soapy water.
- 2. Combine all ingredients in a blender.
- 3. Blend until smooth. Enjoy!

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