

Easy Strawberry Smoothie

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Makes 15 servings

Ingredients

- 1 cup non fat plain yoghurt
- ¼ cup fat free milk
- 6 tablespoons Equal Sweetener (spoonful or granulated)*
- 3 cups frozen unsweetened whole strawberries
- 1 cup ice cubes

Method

1. Combine yoghurt, milk and Equal in blender or food processor; cover. With blender running, add berries a few at a time, through opening in lid. Process until smooth.
2. Add ice cubes, one at a time, through opening in lid, blending until slushy.
3. Pour into glasses. Serve immediately.

*may substitute 9 packets Equal sweetener

