



Strawberry Cheesecake Smoothie

Adapted from: Taste.com
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Serves: 1

Ingredients:

- 1 graham cracker square, crushed
- ¼ cup strawberry cheesecake yogurt
- 6 frozen strawberries
- 1 fresh strawberry (sliced thinly)
- 1/3 cup skim milk
- 1 Tbs ground flax seed
- 1 tablespoon 1/3 less fat cream cheese

Directions:

- Use a knife and lightly spread cream cheese around the rim of the cup.
- Place crushed graham crackers on a plate.
- Dip the rim in the graham cracker to coat.
- Arrange sliced strawberries along the inside of the cup.
- Place the remaining cream cheese, yogurt, flax seed, strawberries and milk in a blender. Blend until smooth.
- Pour into glass.
- Sprinkle remaining graham cracker crumbs on top.

Suggestions:

- Add 1 tablespoon of oats or ground flax seed.
- Use vanilla Greek yogurt vs. strawberry cheesecake yogurt
- Add a spoonful of whipped topping in the blender.
- Top with whipped cream.

Nutrition Facts

Servings 1.0

Amount Per Serving

calories 175

% Daily Value *

Total Fat 6 g 9 %

Saturated Fat 2 g 8 %

Monounsaturated Fat 1 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 15 mg 5 %

Sodium 131 mg 5 %

Potassium 412 mg 12 %

Total Carbohydrate 20 g 7 %

Dietary Fiber 4 g 14 %

Sugars 13 g

Protein 12 g 24 %

Vitamin A 5 %

Vitamin C 78 %

Calcium 34 %

Iron 4 %



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