

Strawberry Smoothie

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
30 calories

Ingredients

- 5 large frozen strawberries
- Flavoured or powdered Stevia
(try vanilla or milk chocolate liquid Stevia)
- 1 tablespoon milk (optional)
- Ice cubes

Directions

1. Blend together and serve in a tall glass.
2. Garnish with a strawberry, lemon slice or mint leaf garnish if desired.

PHASE 3 MODIFICATION:

Mix in a little half and half, cream, or quality protein powder. Add peaches, fresh raspberries, or make mixed fruit smoothies.

