



ALOHA STRAWBERRY

INGREDIENTS

- ¾ cup frozen strawberries
- ½ frozen banana
- ¼ cup frozen pineapple
- ¼ cup frozen mango
- ¾ cup low fat milk
- 2 teaspoons honey
- ¼ cup plain, nonfat Greek yogurt
- ½ scoop vanilla protein powder



DIRECTIONS

Add all ingredients to the blender, starting with the milk. Blend until completely smooth.



Aloha Strawberry Smoothie		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	353.3 kcal	18 %
Total Fat	1.5 g	2 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	24.2 mg	8 %
Sodium	156.9 mg	7 %
Total Carbohydrate	64.1 g	21 %
Dietary Fiber	6.2 g	25 %
Sugars	47 g	
Protein	26.3 g	53 %
Vitamin A	9 %	Vitamin C 175 %
Calcium	40 %	Iron 10 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com