

Low-Fat Yogurt Smoothie

NUTRITION FACTS:

120 CALORIES
1.5g of FAT
26g of CARBS
2g of FIBER
14g of SUGAR
3g of PROTEIN

INGREDIENTS:

- 1 cup thawed COOL WHIP FREE Whipped Topping
- 1 container (6 oz.) strawberry nonfat yogurt
- 1 cup sliced strawberries
- 1 medium banana, sliced
- 1 cup crushed ice

DIRECTIONS:

BLEND all ingredients in blender on high speed until smooth.

SERVE immediately.

Prep Time: 5 minutes

Total Time: 5 minutes

Serves: 3 servings, 1 cup each

