



2 Servings

healthy strawberry smoothie

Ingredients

almond milk (unsweetened)	1 1/2 cup(s)
strawberries frozen unsweetened	2 cup
banana	1 whole
chia seeds	2 Tbsp

Nutrition Totals

Calories 422 / Carbs 70 g / Protein 9 g / Fat 15 g / Fluid 9 fl oz

Instructions

1. Add almond milk, strawberries, sliced banana and chia seed to strong blender, in that order.
2. Blend until smooth.
3. Serve chilled, right away.



Nutrition Label

Healthy Strawberry Smoothie	
Amount Per Serving	
Calories	211
	% Daily Value*
Total Fat 7.6g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125.9mg	5%
Total Carbohydrates 34.8g	12%
Dietary Fiber 11.4g	46%
Total Sugar 14g	
Protein 4.5g	
Vitamin D 0IU	0%
Calcium 123.8mg	12%
Iron 2.9mg	16%
Potassium 220.5mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.