**Greek Yogurt Smoothie**

**Serves 2**

**Ingredients**

6 large strawberries  
1 sliced banana  
1 cup blueberries  
6 ounces plain Greek yogurt  
1 cup skim milk (almond or soy milk may be substituted)  
2 tsp. flaxseed oil

**Directions**

1. Cut the tops off of five of the strawberries.
2. Place the strawberries, banana, blueberries, yogurt, milk, and almonds in a blender or food processor. Blend until smooth and creamy. Garnish with a strawberry.

Nutrition Facts Per Serving: Calories 246, Calories from Fat 48, Total Fat 5.4 g, Sat Fat 1 g, Cholesterol 7 mg, Sodium 93 mg, Carbs 34 g, Fiber 4.4 g, Sugars 23 g, Protein 13 g