Strawberry Smoothie

Ingredients

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

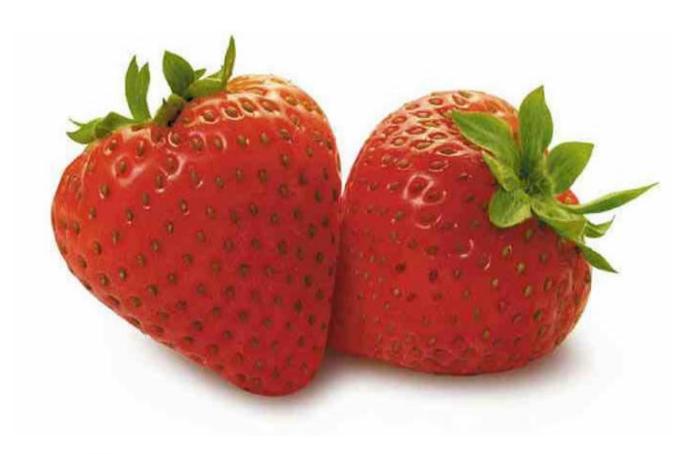
Directions

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

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

PHASE 3 MODIFICATION:

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





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