

Strawberry Shake

Prep time: 10 min
Serves: 2

INGREDIENTS

- 2 cups of milk
- 1 tbsp of honey
- 1 tsp of vanilla extract
- 1 cup of frozen strawberries

Combine the milk, honey, vanilla and frozen strawberries in a blender

Process until the mixture is smooth

Serve in glasses



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	