

April 2008

## Strawberry Banana Smoothie

1 1/2 cups fresh or frozen strawberries

1/2 small banana

1/2 cup vanilla soy milk

1 cup crushed ice

2 tbsp. sugar-free strawberry preserves

Blend the strawberries, banana, soy milk, ice and preserves in a blender until smooth. (You can add a little water if consistency is too thick). Pour into a large glass and serve with a straw. Great breakfast drink on the go!

Calories: 263

Carbs: 63 g

Fat: 3 g

Protein: 8 g

