



Recipes

Strawberry Smoothie

Ingredients

- 2 ice cubes
- 1 cup milk
- 1/3 cup cottage cheese
- 2/3 cup frozen strawberries
- 1 ½ tsp sugar
- 1 tsp vanilla extract

Utensils:

- Blender (you'll need help from an adult)
- Serving glass
- Measuring cups and spoons

Directions:

- Pour all of the ingredients into the blender
- Put the lid on the blender and blend for 45 – 60 seconds until smooth
- Pour your smoothie into a glass and enjoy

Nutritional Analysis Per Serving

289 calories
19 g protein
2 g fat
49 g carbohydrates
3 g fiber
7 mg cholesterol
430 mg sodium
369 mg calcium
0.8 mg iron

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