

# PROJECT: GET IT DONE TOGETHER

## Strawberry Lime Smoothies

*Adult Supervision Required | Gluten and dairy free*

### **Ingredients:**

- 1 cup strawberry yogurt
- ½ cup 2% milk
- 2 to 4 tablespoons lime juice
- 2 tablespoons honey
- 1.4 teaspoon ground cinnamon
- 2 cups fresh strawberries

### **Instructions:**

1. Cut the green leafy top off of strawberries
2. Add to blender and process all ingredients in a covered until smooth

*Makes 3 servings*

**Total time:** 5 minutes

### **Nutrition facts per serving:**

1 cup: 181 calories, 2g fat (1g saturated fat), 7mg cholesterol, 65mg sodium, 38g carbohydrate (34g sugars, 2g fiber), 5g protein. Diabetic Exchanges: 1-1/2 starch, 1 fruit.