



Tawil Physical Therapy
& Sports Performance

Strawberry Orange Smoothie

Recipe courtesy of The American Heart Association



Servings: 2

Serving Size: 1 cup

Ingredients

- 10 frozen, unsweetened strawberries
- 1 cup fat-free, plain yogurt
- ½ cup 100% orange juice
- ½ teaspoon stevia sweetener -OR- 1 stevia sweetener packet

Nutrition Facts | 116 Calories Per Serving

Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	3 mg
Sodium	96 mg
Total Carbohydrate	21 g
Dietary Fiber	1 g
Sugars	18 g
Protein8 g

Dietary Exchanges

1 fat-free milk, 1/2 fruit

Strawberry Orange Smoothie



Directions

- 1 In a food processor or blender, process all the ingredients until smooth.

tawilpt.com 201-552-9072



8701 Kennedy Blvd., North
Bergen, NJ 07047