

# STRAWBERRY SHAKE

## INGREDIENTS:

- 2 cups milk
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1 cup frozen strawberries

## DIRECTIONS

1. In a blender, combine milk, honey, vanilla, and strawberries. Blend until smooth.
2. Pour into glasses and serve.

## Nutrition Facts

Serving Size (316g)  
Servings Per Container 2

Amount Per Serving

**Calories** 100      **Calories from Fat** 30

% Daily Value\*

**Total Fat** 3g      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 180mg      **8%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 3g      **12%**

Sugars 12g

**Protein** 2g

Vitamin A 10%      • Vitamin C 70%

Calcium 20%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Source: [allrecipes.com](http://allrecipes.com)

