



OPTIMUM
WELLNESS CENTERS



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 Carbohydrate21 g
Dietary Fiber	1 g
Sugars18 g
Protein	8 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.

optimumwellnesscenters.com (239) 321-6104

Lehigh Acres

2724 5th St. W.
Suite A
Lehigh Acres, FL 33971

Fort Myers

3820 Colonial Blvd
Suite 201
Fort Myers, FL 33966

LaBelle

700 S. Main St.
LaBelle, FL 33935