

## Strawberry Kiwi Smoothie

Serves: 4

### Ingredients

1 bag (10 oz.) unsweetened frozen strawberries  
2 fresh kiwi fruit, peeled and sliced  
1 container (8 oz.) strawberry nonfat yogurt  
1 tsp almond extract  
Fat-free milk (optional)

### Directions:

Combine all ingredients in a blender and whirl until desired consistency is reached. If thinner consistency is desired, continue blending and add milk one tablespoon at a time until desired thickness is reached.

**Makes 4 servings.**

**Per Serving:** 110 Calories, 0 g total fat (0 g saturated fat), 26 carbohydrates, 3 g protein, 2 g dietary fiber, 30 mg sodium.