

# Low Carb Strawberry Smoothie

Yield: 2 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-shake-recipe>

## Ingredients:

- 2 cups strawberries
- 1 cup greek yogurt I use Fage because it's high in protein
- 1 cup milk I use <https://www.thelittlepine.com/almond-milk-recipe/> almond [\[url href="https://www.thelittlepine.com/almond-milk-recipe/"\]](https://www.thelittlepine.com/almond-milk-recipe/) or [\[url href="https://www.thelittlepine.com/almond-milk-recipe/"\]](https://www.thelittlepine.com/almond-milk-recipe/)
- sweetener if needed

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 30 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 4 grams
8. Sodium: 150 milligrams
9. Sugar: 22 grams

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