

# KITTY'S EAT GREAT

## Lose Weight

with Kitty Stallings

# Strawberry Milk Shake

*And a huge 16 OZ shake has:*

Calories – 160

Fat – 0g

Fiber – 3g

Carbs - 32g

### **Things you'll need:**

1 cup strawberries, washed with the tops chopped off and frozen overnight in a baggie.

½ cup strawberries washed and chopped but just chilled, not frozen

3 pacs of sugar substitute (Equal, Splenda – your favorite...)

1 cup Fat Free milk

a blender

### **Let's get to cooking!**

Pour one cup fat free milk into your blender. Gradually add the 1 cup of whole frozen strawberries until the mixture gets thick. (Sometimes it takes less than a cup for it to get very thick.) Blend in sugar substitute. Blend till a spoon stands upright in the blender. Take chopped strawberries and fold in with a spoon. Pour into a large glass and PLEASE add a straw (so fun to drink a shake with a straw!), and for this shake you'll need a spoon (to get all those delicious strawberry chunks!).

A lot of the enjoyment of food is in the presentation so if you feel the urge, top with fat free Reddi Wip (5 calories per serving) and then sprinkle the top with Hershey sugar free dark chocolate candy bar shavings (a whole bar is 30 calories). WOW!

And this makes a GIANT milk shake! And FYI – a regular fast food shake can have over 700 calories for a medium size. You could drink THREE (or more) of these for that, so definitely more bang for your calorie buck!

### **OPTIONAL**

You can add 1/3 cup All Bran bran buds and give it a real crunchiness. The Bran Buds don't lose their crunch for a long time so no soggy stuff here.

Granolas is very good too, but keep up with the calories. Just don't think about the fact that you're eating calcium, potassium and fiber.



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