

Strawberry Milkshake

AKA A Frozen Fruit Smoothie



Totals are for this entire recipe:

Calories 160 Fat 0g Fiber 3g Carbs 35g

What you'll need:

- 1 Cup skim milk
- ½ Cup **frozen** pineapple chunks. Use the canned with no added sugar and drain it, put chunks in a baggie, separate the chunks so they stick together as little as possible, and freeze.
- 1 Teaspoon Vanilla Extract
- 1 Cup fresh **frozen** strawberries, washed with the tops chopped off and **frozen** in a baggie.
- Sugar substitute packets – your favorite, to taste
- ½ Cup strawberries, slightly chopped, washed and **not frozen**.

Blender

Large glass

Let's get to cooking!

1. Pour milk into your blender.
2. Add pineapple and vanilla and blend until creamy.
3. Gradually add the frozen strawberries until the mixture gets thick.
4. Blend in sugar substitute to taste. Start with one packet. Once it's too sweet you can't take it out, so start with only one and then more add to taste.
5. Blend, adding frozen berries, till a spoon stands upright in the blender.
6. Take unfrozen strawberries and fold in with a spoon.
7. Pour into a large glass and enjoy!

My love of ice cream inspired this **Kitty's Lighter Weigh** recipe!