

Strawberry Milkshake



Servings: 2

1 cup milk
1 3/4 cups frozen strawberries
2 tablespoons maple syrup
1 teaspoon vanilla extract

To a blender add milk, frozen strawberries, maple syrup, and vanilla extract. Blend until smooth.

Serve

Per Serving (excluding unknown items): 180 Calories; 4g Fat (20.4% calories from fat); 4g Protein; 32g Carbohydrate; 3g Dietary Fiber; 12mg Cholesterol; 58mg Sodium; 25g Total Sugars; trace Vitamin D; 180mg Calcium; 1mg Iron; 401mg Potassium; 120mg Phosphorus.
Exchanges: .