

Strawberry Grapefruit Smoothie



Servings: 1

1 cup frozen strawberries
1 pink grapefruit, peeled and cut into segments
1 1/2 teaspoons honey
1/2 cup milk
1/4 cup Greek yogurt
1/4 teaspoon vanilla extract

Add all of the ingredients into a blender. Blend until smooth.

Pour into a glass.

Serve

Per Serving (excluding unknown items): 265 Calories; 4g Fat (14.3% calories from fat); 6g Protein; 54g Carbohydrate; 7g Dietary Fiber; 12mg Cholesterol; 56mg Sodium; 39g Total Sugars; trace Vitamin D; 217mg Calcium; 1mg Iron; 721mg Potassium; 167mg Phosphorus. Exchanges: .