

GENESIS
PRIME CARE
DIABETES EDUCATION



LOW CARB STRAWBERRY SMOOTHIE

A perfect combination for a smoothie that keeps blood sugar stable and still taste delicious!

Can be used as a dessert, drink, or main dish for breakfast or lunch

Total Time 5 minutes Servings 1 smoothie is 167 kcal per serving

Ingredients

- 5 medium strawberry
- 1 cup unsweetened soy milk (or unsweetened almond milk)
- 1/2 cup low-fat Greek-style yogurt (CHECK LABEL AND MAKE SURE SUGAR IS 7 GRAMS OR BELOW)
- 6 ice cubes

Instructions

- Place all ingredients in a blender and blend until smooth.
- Pour into a glass and garnish with a strawberry.

Nutrition Facts Amount Per Serving/% Daily Value*

Sodium 161mg/7%

Potassium 520mg/15%

Carbohydrates 11g/4% (1 serving of carbs is 15 grams)

Fiber 2g/8%

Sugar 6g/7%

Protein 16g/32%

Vitamin A 1050IU/21%

Vitamin C 49.5mg/60%

Calcium 400mg/40%

Iron 1.4mg/8%

* Percent Daily Values are based on a 2000 calorie diet.



Tips

- When using frozen fruits there is no need to add ice as the smoothie is already chilled with fruits. While using fresh fruits adding few ice cubes will help in making a frothier and extra creamy smoothie.
- Use frozen fruits to get a thicker & frothier smoothie.
- Add protein powder as per dietary restrictions. It adds value and make