

# Strawberry Shake



## *Recipe:*

---

Strawberry Shake

Serves: 1

Serving Size: 16 Fl oz

## *Ingredients:*

---

- 2 dates
- ¼ cup raw cashews
- 1 cup frozen strawberries
- ½ tsp vanilla extract
- Ice and water (if needed)

## *Instructions:*

---

1. Place all ingredients in a blender container.
2. Cover and blend on high speed until smooth.
3. Chill before serving.

## *Nutrition Facts:*

---

Calories 302

Fat (g) 6

Carbohydrate (g) 61

Protein (g) 10

Sodium (mg) 8

### Percent Calories

Protein: 5%

Fat: 18%

Carbohydrates: 69%

Submitted by Marisa Mozer, MS, RD, LDN, CNSC on behalf of ON DPG