

Strawberry Shake



Recipe:

Strawberry Shake

Serves: 1

Serving Size: 16 fl oz

Ingredients:

- 2 dates
- ¼ cup raw cashews
- 1 cup frozen strawberries
- ½ teaspoon vanilla extract
- Ice and water (as 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 290

Fat (g) 14

Carbohydrate (g) 34

Protein (g) 7

Sodium (mg) 7

Percent Calories

Protein: 10%

Fat: 43%

Carbohydrates: 47%

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