

Strawberry
SERVED THIS WEEK AT LUNCH



FRESH STRAWBERRY-MANGO MILKSHAKE

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|--------------------------------|---------------------|
| 10 strawberries, hulled | 1/2 c. low-fat milk |
| 1 mango, peeled and sliced | 6 ice cubes |
| 3 tbsp. natural sugar | 1/3 c. plain yogurt |
| 2 tsp. natural vanilla extract | |

- Put everything but the fruit into the blender and blend on low speed, gradually increasing speed.
- When the mixture becomes smooth, add the fruit and finish blending until completely smooth.
- Pour into your favorite tall glass and enjoy.

Yield 3 servings



STRAWBERRIES ARE
PREDOMINANTLY
GROWN IN:
Alachua, Hillsborough,
Manatee, Pasco, Polk

MyFloridaTray

Eat right. Eat local. Exercise. Have fun!

Protein	Grain	Milk
Vegetable	Fruit	