

Strawberry Chia Smoothie

American Institute of Cancer Research

<http://www.aicr.org/health-e-recipes/2014/her-526-strawberry-chia-smoothie.html>

Ingredients

- ¾ cup skim milk
- 4 tsp. chia seeds
- 1 cup fresh strawberries
- 1 Tbsp. strawberry fruit spread, or to taste
- 2 tsp. orange zest
- ½ tsp. chopped fresh ginger
- ½ tsp. vanilla extract

Instructions

1. In blender, place milk and chia seeds and let sit while measuring remaining ingredients.
2. Add strawberries, preserves, orange zest, ginger and vanilla to blender. Whirl on high speed until smoothie is blended and creamy, about 1 minute. Pour smoothie into tall glass and serve immediately.

Makes One Serving

Nutrition information per serving

Calories: 249	Protein: 9g
Total Fat: 5g	Dietary Fiber: 9g
Saturated Fat: <1 g	Sodium: 90 mg
Carbohydrates: 44 g	