



Strawberry Shortcake Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Oat Milk (unsweetened, plain)
1/4 cup Cream Cheese, Regular
2 cups Strawberries (large)

Nutrition

Amount per serving	
Calories	359
Fat	22g
Carbs	36g
Fiber	7g
Sugar	21g
Protein	8g
Cholesterol	54mg
Sodium	340mg
Vitamin A	35IU
Vitamin C	169mg
Calcium	351mg
Iron	2mg
Selenium	3µg

Directions

- 1 Add all the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving approximately 1 2/3 cups.

More Flavor: Add vanilla and honey, to taste.

No Oat Milk: Use any milk of choice.