



NUTRITION CONSULTING INC.

## Strawberry Frozen Yogurt Soda

Cool down with this refreshing summer drink!

### Makes 2 Servings

### What you need:

2 cups nonfat vanilla frozen yogurt, slightly softened and divided  
1 1/3 cups hulled strawberries  
2 cups chilled club soda

### How you prepare:

Blend 1 1/2 cups frozen yogurt and strawberries in a blender. Divide between 2 tall glasses and add 1 cup chilled club soda to each glass. Top each with 1/4 cup nonfat vanilla frozen yogurt.

### Per serving:

Calories 191  
Carbohydrates 43g  
Protein 7g  
Fat 0g  
Fiber 2g



---

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.

It's your **health.**



Take a **stand.**

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 [www.healthstandnutrition.com](http://www.healthstandnutrition.com)