

From the National Honey Board Recipe Book: Sweetened Naturally with Honey (1997)

Fat-Free Honey Berry Milkshakes

1 pint nonfat vanilla frozen yogurt or ice cream

½ cup nonfat milk

¼ cup honey

2 ½ cups strawberries or assorted berries

4 sprigs mint

Combine all ingredients except mint in blender or food processor. Process 30 seconds or until smooth. Pour into tall glasses, garnish with mint sprigs. Enjoy!

Nutrients per 1 cup serving:

Calories: 247	(1% calories from fat)	Total fat <1 g	Protein: 8 g
Carbohydrate: 57 g	Cholesterol: < 1 mg	Sodium: 122 mg	Dietary Fiber: 2 g