

Healthy Strawberry Shortcake Milkshake



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SERVINGS: 2 servings

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PREP TIME: 10 mins TOTAL TIME: 10 mins

This Healthy Strawberry Shortcake Milkshake is thick, rich, creamy, sweet and packed with fresh strawberry flavor... you'd never know it's totally gluten free, sugar free, low fat, low calorie and high protein! This milkshake is healthy enough for breakfast but is sweet and decadent enough to be served as a dessert!

Ingredients

- 1 cup Fresh Strawberry Puree
- 1 cup Plain, Nonfat Greek Yogurt
- 1 cup Unsweetened Vanilla Almond Milk
- ¼ cup Oat Flour
- 3 packets Natural Sweetener (stevia, Truvia, etc.)
- 1 tbs Homemade Metamucil

Instructions

1. In a blender, add strawberries to make the strawberry puree. Measure 1 cup and put back in the blender, along with the yogurt, milk, oat flour, and sweetener. Puree until smooth.
2. *While blending*, add the metamucil. Blend until completely smooth. Pour into a chilled glasses (or blend in some ice cubes) and serve with fresh strawberries, healthy whipped cream (I used Soyatoo Rice Whip... don't use brands with hydrogenated oils!) or straws alone. Enjoy!

Nutrition Facts	
Healthy Strawberry Shortcake Milkshake	
Amount Per Serving (1 serving)	
Calories 180	Calories from Fat 23
%	
Daily Value*	
Fat 2.5g	4%
Sodium 120mg	5%
Carbohydrates 24g	8%
Fiber 6g	25%
Sugar 10g	11%
Protein 15g	30%
Vitamin A 300IU	6%
Vitamin C 99mg	120%
Calcium 350mg	35%
Iron 1.4mg	8%
* Percent Daily Values are based on a 2000 calorie diet.	

COURSE: Drinks CUISINE: American