

# Strawberries N' Cream



*This recipe is naturally sweetened with date puree which is high in fiber, vitamins, and minerals.*



## Nutrition Info

**Makes:** fluid ounces  
= cups  
= milliliters (mL)

**Calories:** 450 kcal

**Kcals/ mL:** kcal/ mL

**Carbohydrate:** 64%

**Protein:** 16.1%

**Fat:** 20%

## Make it for the whole family:

Enjoy this recipe as a smoothie with your tubie!

# Strawberries N' Cream

---

## Ingredients

- 2 cups frozen or fresh strawberries
- 2 cups 2% milk
- ½ teaspoon vanilla, non-alcoholic
- ¼ cup date puree\*

Optional: garnish with whipped cream

## Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

\*Prune Puree Recipe: Combine 10 pitted dates with 1/2 cup boiling water. Once mixture cools, blend until smooth. Store in the refrigerator for up to 7 days.

## Kitchen Gear

Measuring tools:

- 1 cup
- ¼ cup
- ½ teaspoon

## Tips

Check the dates for pits even if you buy the pitted version.

Puree with stick blender if you have one. If not, you may have to double the recipe for a regular size blender pitcher.

If you can't find dates, feel free to substitute another dried fruit.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

© 2010-2018 Savor Life Nutrition & Wellness, LLC, All Rights Reserved