

Strawberry Ice Cream Soda



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What You Need

Cool down with this refreshing summer drink!

Makes 2 Servings

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



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

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.