

Strawberry Refresher

By France Paolozzi, R.H.N.

During the warm summer months, my boys will ask for ice cream and commercial slush drinks full of refined sugars. As a healthier alternative, I like to make them a fresh treat at home, with natural ingredients. Since strawberry picking season is in full swing, I decided to make them a Strawberry Refresher, using fresh strawberries and other natural ingredients. They loved it and polished off their desert bowl in no time! This treat contains natural ingredients including fruits, vegetables and protein, making it very nutritious for everyone!

Ingredients:

- 2 to 3 cups of fresh strawberries
- 1 extra small tomato
- 1 small carrot, chopped in 2 or 3 pieces for the blender
- ½ cup of full fat Greek Yoghurt
- 2 tbsp. pure maple syrup
- 2 tsp vanilla
- 2 tbsp. hemp seeds
- 2 fresh, pitted dates

Place all ingredients in a high-speed blender (I use a Vitamix) and mix until smooth.

Yours in health & fitness,

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