

# Chocolate Strawberry Health Smoothie

This smoothie is a healthier version of our Chocolate Covered Strawberry Smoothie featured last year for Valentine's Day! This smoothie is packed with heart healthy oils, antioxidants and fiber – all of which reduce your risk of having a heart attack. February is American Heart Health Month – you can learn more about lifestyle factors that impact your heart health at <https://www.heart.org/en>.

The nuts and seeds in this smoothie provide 15 g of heart healthy unsaturated fats which can help lower your cholesterol and increase your good cholesterol. They also provide important vitamins, minerals, antioxidants and fiber, making them a nutritious and delicious addition to a healthy eating pattern.

Reducing your risk of heart attack and stroke never tasted so delicious! Enjoy!

## Ingredients

½ cup milk of choice (nutrition facts using non-fat milk)  
½ cup frozen strawberries  
½ cup sugar-free strawberry yogurt  
1 tablespoon chia seeds  
1 tablespoon ground flax seed  
2 raw brazil nuts  
2 raw walnuts  
1 tablespoon unsweetened cocoa powder  
Ice as needed

## Directions

1. Add all ingredients into blender (add ice last), cover and puree until smooth.
2. Enjoy!

## Yields - 16 oz.

Calories: 329

Protein: 15 g

Carb: 37 g

Fat: 17 g

Sodium: 111 mg

Fiber: 11 g

