

Eat a Rainbow Recipes

RED

Strawberry Smoothie

Makes 2 glasses

Ingredients:

½ cup strawberries

½ cup yoghurt

1 tablespoon honey or caster sugar to taste

1 cup milk

8 ice cubes

Equipment:

Cutlery knife

Chopping board

Measuring spoon and cups

Bowls

Scraper

Blender

Method:

1. Wash the strawberries. With a cutlery knife, remove the green stems and roughly chop the berries.
2. Place the prepared strawberries in the blender with the yoghurt and milk or fruit juice.
3. Add the honey or sugar and the ice-blocks and secure lid tightly.
4. With one hand holding the lid firmly in position carefully blend all ingredients until completely lump free and smooth.
5. Taste and adjust flavours, add a little more honey or caster sugar if necessary.

Tips:

Add a little more milk if the smoothie is too thick.

Fruit juices could also be used to thin it if necessary.

Soy milk can be substituted for milk.