

CREAMY STRAWBERRY SMOOTHIE

Serves: 2 | Preparation: 5 minutes | Total: 5 minutes

Difficulty: Easy



INGREDIENTS

- 1 1/2 cups strawberries (fresh or frozen)
- 3/4 cup milk or dairy-free beverage
- 1/4 cup yogurt
- 2 teaspoons honey or maple syrup (optional)
- 1/2 teaspoon vanilla extract
- Ice (optional)

INSTRUCTIONS

1. Place all ingredients in a blender. Blend until smooth.

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Adapted from eatingwell.com