



Strawberry-vanilla-honey smoothie

NIBBLEDISH CONTRIBUTOR

Ingredients

- 100 ml cold milk
- 200 ml vanilla yoghurt
- 200 grams fresh strawberries
- 4 tablespoons organic honey

- 1 strawberry, sliced
- mint leaves

Instructions

1. Put these ingredients in the following order into the blender*: fresh strawberries, cold milk, honey, vanilla yoghurt
2. Blitz for 2 minutes
3. Serve in tall glasses and garnish with strawberry slices or mint leaves.

*This way the strawberries get liquidised first, mixes with the milk and honey, and eventually with the yoghurt.