

Smoothie

Ingredients

6 large strawberries

300ml cold milk

1 small pot of fruit yogurt

Equipment

Small knife, chopping board, blender, measuring jug, spoon and 2 glasses.



Method



1. Remove the green tops from the strawberries.



2. Slice the strawberries.



3. Place the strawberries into the blender.



4. Pour the milk and yogurt into the blender.



5. Blend for 30-45 seconds, until smooth.



6. Pour into glasses.

Handy Hints

You may wish to use fresh fruits that are in season, or add frozen or canned varieties.

Try experimenting with different types of fruit and flavours of yogurt.

Hold the lid of the blender with a clean cloth.

Always get help from an adult when using a blender.