Strawberry Smoothie

Makes 8 small servings

Ingredients

500ml cold milk
2 x 120g pots strawberry yogurt (amount can be slightly varied)
2 ripe bananas
8 large ripe strawberries
Small squeeze of lemon juice

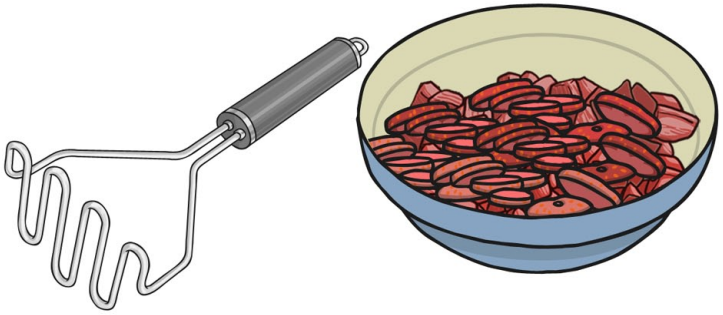
Equipment

Potato masher
Small glass
Safe knife
Chopping board
Large glass/ceramic bowl
Whisk



Step 1. Pull the green stalk off the strawberries and cut into quarters. Put them into a large bowl.

Step 2. Use the back of a fork or a potato masher to mash the strawberries and banana. Keep mashing until you have a fairly smooth consistency.



Step 3. Measure the milk in a jug. Stir in the yoghurt.

Step 5. Gradually whisk the milk and yoghurt mixture into the bowl.

Step 6. Pour into a glass and enjoy!

