



Strawberry Raspberry Smoothie

Jacob · 29/09/2024



Prep Time

1

Difficult

Medium

Servings

N/A

Description

A basic strawberry and raspberry smoothie made with healthy ingredients Choose organic pesticidefree berries probiotic yogurt and local honey if possible

Ingredients

— - 1 cup hulled fresh strawberries - ½ cup frozen raspberries - ½ cup lowfat milk - ½ cup vanilla yogurt - 1 tablespoon honey - 1 teaspoon vanilla extract

Instructions

1. Blend strawberries
2. raspberries
3. milk
4. yogurt
5. honey
6. and vanilla together in a blender until smooth.