FOOD & COOKING
WITH CHEF ROSS

Strawberry Smoothie



Preparation: 5 minutes | Cooking: None | Serves: 1 person

What you need

Ingredients



- 1 cup strawberries, fresh or frozen
- ½ cup plain Greek yoghurt, natural yoghurt or plain coconut yoghurt
- ½ cup milk of your choice or water
- A few mint leaves, optional

Equipment



- Blender
- Measuring cups
- Glass

Let’s make it



1. Prepare the fruit

Wash fresh strawberries and remove the green tops.
For frozen strawberries, follow preparation instructions on the packet.



2. Fill the blender

Put the strawberries, yoghurt and milk or water in the blender.
Add mint if wanted.

Strawberry Smoothie



3. Blend

Put the lid on the blender.

Blend for about 30 seconds until smooth.

Switch off and unplug before scraping around the blades.



4. Serve

Pour into a glass and drink straight away.

Serving and storage

- Keep milk and yoghurt refrigerated until needed.
- Follow frozen-berry packet directions.
- Different yoghurt and milk types affect flavour and thickness.
- Check labels for allergens, including milk, soy or nuts as applicable.

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