



Strawberry Smoothie

It is creamy, refreshing and the perfect way to satisfy your sweet smoothie. It taste just like milkshake but more nutritious.

Ingredients

- 2 cups unsweetened frozen strawberries
- ½ cup cranberry-raspberry juice
- ¼ cup orange juice
- ½ cup vanilla yogurt
- 2 large fresh strawberries

Procedures

1. Swap half of the strawberries for frozen raspberries or frozen sweet cherries.
2. Replace some of the strawberries with a frozen ripe banana for classic strawberry-banana flavor and added natural sweetness.
3. If you don't have cranberry-raspberry juice, replace it with more orange juice or milk for a creamier drink.
4. Use plain yogurt for a less sweet smoothie.
5. Swap the yogurt for frozen yogurt.