

strawberry smoothie

Serving Size 12oz

Ingredients:

1 tablespoon honey

2 oz ice

4 oz yogurt, plain low fat

6 oz strawberries (fresh or frozen)

*To make dairy free, sub 1 oz apple juice in place of yogurt

Instructions:

Place all ingredients in a blender and puree on high speed for 15 seconds or until completely smooth.

Pour into a cup for serving & enjoy!

To add variety to your smoothie, substitute or add other fruits & vegetables!



Metz
CULINARY MANAGEMENT

Time & Location

