

# 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

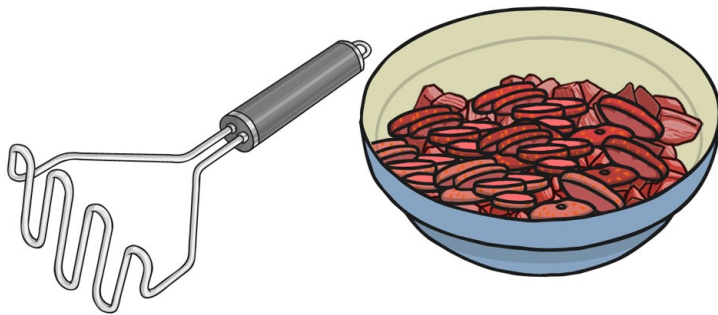
## Equipment

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!

