



The Incredible Edible Strawberry Yummy Yogurt Smoothie

Serves: 4 people

Ingredients:

- 1 cup plain low-fat yummy yogurt
- 4 cups of ripe strawberries
- ½ cup of orange juice
- 1/2 teaspoon of sugar, optional

Method:

Get an adult to cut off the green tops of the strawberries. Rinse and drain the strawberries and ask the adult to place them in a blender or food processor.

Add the yummy yogurt and the orange juice. Process on a high speed until well blended. You may need to scrape down the sides of the container a couple of times with a spatula.

Taste the mixture and sweeten with the optional sugar to your taste.

Pour into four tall glasses enjoy your Strawberry Yummy Yogurt Smoothie!