

Strawberry Yogurt Drink

This yummy, nutritious, and thick drink can be for breakfast, desert, or a snack. To get the best flavor for this drink choose very ripe strawberries. For this recipe you can use different fruits, such as pineapples, bananas, or berries. It's best to drink this recipe as soon as you make it.



Ingredients:

$\frac{3}{4}$ cup low-fat milk

$\frac{1}{2}$ cup low-fat strawberry yogurt

1 $\frac{3}{4}$ cup strawberries
1 tablespoon organic sugar
 $\frac{1}{4}$ teaspoon cinnamon

Directions:

Wash strawberries and remove stalks. Add the strawberries, milk, yogurt, sugar, and cinnamon to a blender. Place lid on blender and blend ingredients until well blended. Pour the strawberry yogurt drink into two glasses and serve.

Photo credit: strawberry smoothie by Paul Wells

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