

Strawberry Yogurt Smoothie

Makes 4 servings

Ingredients

- 450g of strawberries
- 1 large orange
- 150g of plain yogurt
- Garnish: strawberries

Directions

☞ Place the strawberries in a food processor or blender and add the grated orange rind, orange juice and yogurt. Blend to a smooth purée, scraping down the sides of the container once or twice during blending.

☞ For a really smooth consistency, press through a nylon sieve to remove the strawberry pips.

☞ Pour into glasses and garnish with strawberries, if desired



54 Calories per serving

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