



5 Minute Mint and Strawberry Smoothie

(makes 4 smoothies)

Ingredients:

- 1 litre chilled milk of your choice
- 200g natural yoghurt
- 3 tablespoons local honey
- 2 cups frozen strawberries
- 1 dash orange juice (100mls)
- 5 fresh mint leaves
- 2 tablespoons wheat germ (optional)
- 1 banana (optional)

Method:

In a large blender or food processor bowl add the strawberries and half the milk, blend until fairly smooth and lump free. You may need to add a little extra liquid to achieve this.

Add remaining ingredients and blend until smooth, adjust taste and consistency to suit your tastebuds.

Pour into glasses and garnish with fresh leaves and fruit.