



5 Minute Mint and Strawberry Smoothie

(makes 4 smoothies)

Ingredients:

- 1L chilled milk (any variety)
- 200g natural yoghurt
- 3 tablespoons honey
- 2 cups frozen strawberries
- 100ml orange juice
- 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 - extra liquid may be required to achieve the right consistency.
- Add remaining ingredients and blend until smooth.
- Pour into glasses and garnish with fresh leaves and fruit.