

Strawberry Smoothie

Ingredients

**1 cup whole frozen strawberries — about 10 large/medium
¼ cup Greek yogurt. (vanilla, black cherry, or strawberry)
2 teaspoons honey — plus additional to taste (optional)
1 teaspoon pure vanilla extract
¾ cup milk (you can use almond or soy if you have an allergy!)**

Instructions

Place all of the ingredients in a high-powered blender: strawberries, yogurt, honey, vanilla, and almond milk. Blend until smooth. Enjoy immediately or place in an airtight jar (the less air, the better) and refrigerate for up to 1 day.

Makes 2 smoothies!

Recipe provided by Chef Andie Bulman