

# Strawberry Smoothie with Yogurt



You can use fresh or frozen berries in this simple Strawberry Smoothie and the results will have a texture that is similar to drinkable yogurt. To make it thicker and to try different flavor options, see the Notes at the end of the recipe.

<b>Course</b>	Smoothies
<b>Cuisine</b>	American
<b>Prep Time</b>	5 minutes
<b>Cook Time</b>	0 minutes
<b>Total Time</b>	5 minutes
<b>Servings</b>	2
<b>Calories</b>	98kcal
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## Equipment

- Vitamix Blender
- Reusable Pouch
- Wee Sprout Jars

## Ingredients

- 1 cup plain whole milk yogurt (regular or Greek style)
- 1 cup trimmed and sliced strawberries (or frozen strawberries)
- 1/2 teaspoon fresh lemon juice (optional)
- 1 teaspoon Maple syrup, agave, or honey (optional)

## Instructions

1. Add the yogurt and berries to the blender. Blend until very (very) smooth for about 30-60 seconds.
2. Taste and add a few drops of fresh lemon juice and a little sweetener as needed. The amount you add will depend on your fruit. If it tastes a little bland or flat, add both lemon and and 1 teaspoon to 1 tablespoon sweetener of choice. If it tastes just great, you don't have to add either!
3. Serve immediately or store in an airtight container for 3-5 days in the fridge, shaking well before serving.

## Notes

Add 1 tablespoon hemp seeds for added healthy fats and protein.

Use fresh or frozen berries, Greek or regular yogurt.

Use plain or vanilla yogurt.

Add a handful of ice cubes to make this a thicker smoothie consistency.

Try one of these variations on the base recipe. You can add all of these ingredients to the blender and blend well until very smooth. Sweeten to taste with honey or maple syrup if needed.

1. **Strawberry Mango Spinach:** 1 cup trimmed fresh strawberries, 1 cup plain yogurt, 1/2 cup baby spinach, 1 tablespoon shredded unsweetened coconut, and 1/2 cup frozen mango.
2. **Strawberry Sweet Potato:** 1 cup trimmed fresh or frozen strawberries, 1 cup plain yogurt, 1/4 cup mashed roasted sweet potato, 1/4 cup orange juice, and 1-2 tablespoons hemp seeds.
3. **Strawberry Mango Cauliflower:** 1 cup trimmed fresh strawberries, 1 cup plain yogurt, 1/2 cup fresh or frozen raw cauliflower, 1/2 cup frozen mango, 1-2 tablespoons hemp seeds, and 2 tablespoons rolled oats.
4. **Strawberry Banana Nut:** 1 cup trimmed fresh strawberries, 1 cup plain yogurt, 1/2 cup fresh or frozen raw cauliflower, 1/2 frozen banana, 2 tablespoons cashews, and 1 teaspoon chia seeds.
5. **Strawberry Cauliflower:** 1 cup trimmed frozen strawberries, 1 cup plain yogurt, 1/2 cup fresh or frozen raw cauliflower, 2 tablespoons rolled oats.
6. **Strawberry Banana Spinach:** 1 cup trimmed fresh strawberries, 1 cup plain yogurt, 1-2 tablespoons peanut butter (or almond butter), 1/2 cup baby spinach, 1/2 frozen banana.

## Nutrition

Calories: 98kcal | Carbohydrates: 11g | Protein: 5g | Fat: 4g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 16mg | Sodium: 57mg | Potassium: 300mg | Fiber: 1g | Sugar: 9g | Vitamin A: 130IU | Vitamin C: 43mg | Calcium: 160mg | Iron: 1mg