

HAPPY SACHI'S[®]

Strawberry Milkshoup



Ingredients

- 3 cups fresh strawberries, washed and diced
- 1/2 cup honey bee
- 1 teaspoon vanilla extract
- 1 cup strawberry low fat yogurt
- 3 cups strawberry low fat yogurt ice cream
- Soft serve yogurt ice cream or whipped cream as garnish
- 2 tablespoons of brown sugar (optional)

Directions

Place 2.5 cups of strawberries in a large bowl. Stir in vanilla extract and honey bee. Cover the bowl and keep it in freezer for 30 minutes.

Place yogurt and ice cream in the blender; take out mix from the freezer to put it in the blender. Blend until you can't see any strawberry chunks.

Pour into large bowl, garnish with strawberry pieces and soft serve yogurt ice cream or whipped cream. Serve into small bowls with spoon and short straw as shown in picture below (to your right).



Enjoy immediately!!!



Tips

You may add other berries or make it with other fruits using natural yogurt flavor and natural yogurt ice cream. Some ideas for fruits: banana, blueberries, peach. If you like it really sweet you can add 2 tablespoons of brown sugar (sprinkle over strawberries with honey and vanilla extract).

www.happysachi.com