

# Strawberry Greek Yogurt Smoothie

 10  
mins

 Serves  
1



## Ingredients

- 2 Cups of frozen strawberries
- 1 Cup plain Greek yogurt
- 1 Tablespoon of honey
- 1/4 Cup of soy milk

## Equipment

- Blender
- Kitchen knife
- Liquid and dry measuring cups

## Method

1. Add frozen strawberries, yogurt, and honey to the blender.
2. Blend until smooth and creamy.
3. Add soy milk to thin out smoothie.
4. Blend until creamy.

# Blender Safety

- Do not add hot ingredients to blender because it can explode.
- Measure height of liquid to avoid the liquid overflowing.
- Do not put fingers in blend.
- Do not remove lid while blender is functioning.
- Be careful when cleaning the blade.
- Make sure electrical plug is not near water to avoid explosion.
- The easiest way to clean a blender is to add hot water, a few drops of soap, and blend.
- Turn off blender before cleaning.



# Health Benefits of Greek Yogurt



Greek yogurt has more protein than regular yogurt.

Greek yogurts have probiotics, which affects the gut microbiome for a healthy digestive system.

More tolerable for lactose intolerant people.

1 cup provides 1/3 of dairy we need for the day.

# Exercise Benefits



- In order to build strong muscles and engage in the activities we love, we need a strong foundation to support those muscles: our bones!
- Strong bones are built through exercise AND consuming the right nutrients in our diets.
- Greek yogurt is a GREAT source of calcium and Vitamin D, two essential nutrients for strong, healthy bones!
- It is also packed with protein, an essential nutrient for muscle growth!

