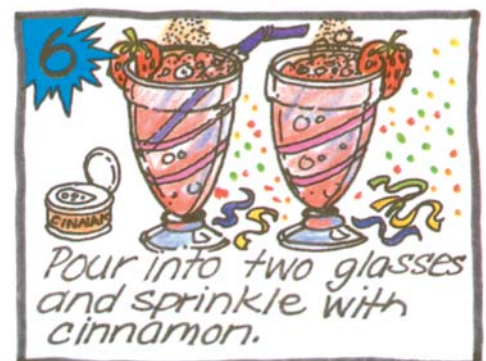
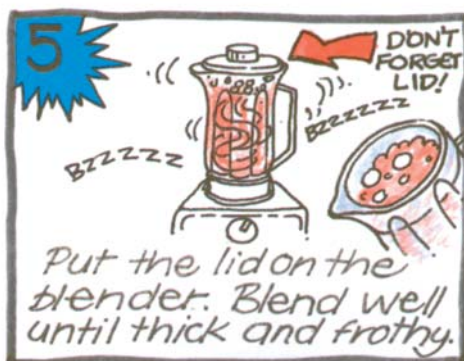
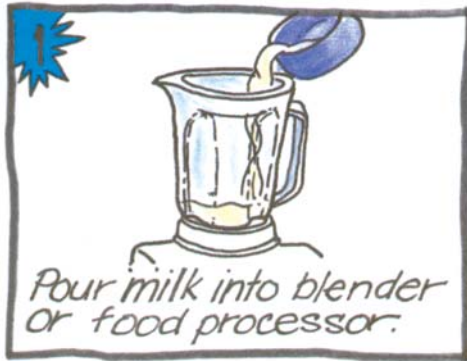




# Strawberry Surprise



This drink is so thick and frothy it could be eaten as a dessert or snack. Choose very red strawberries for the best flavour. You could also try making different flavoured surprises by using fruits such as peaches, apricots, bananas or pineapple or flavoured yogurts. You should drink your 'surprise' straight away. Makes 1 cup.

## Ingredients

$\frac{3}{4}$  cup low-fat milk  
 $\frac{1}{2}$  cup low-fat strawberry yogurt  
 $\frac{1}{2}$  punnet strawberries  
Pinch of cinnamon

## Utensils

Chopping board and knife  
Measuring cups  
Blender or food processor  
Glasses to serve

