

Strawberry & Orange Smoothie

Preparation Time: 5 mins

Cooking Time: None

Chuck everything into the blender, push the button and you are done!

Ingredients

- ❖ frozen strawberries
- ❖ orange juice
- ❖ caster sugar [optional]

Directions

1. Combine strawberries, orange juice and sugar in blender.
2. Blend until smooth.

Notes

- ✓ Use a ratio of 2:1 for orange juice and strawberries.
- ✓ If the juice seems too thick, add a bit more orange juice to thin it.
- ✓ You can use fresh strawberries but will need to blend in some ice cubes as well to chill the drink.

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