



CANADA AGRICULTURE  
AND FOOD MUSEUM  
MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION  
DU CANADA

A FASCINATING WORLD  
UN MONDE FASCINANT



# Strawberry Mint Smoothie

## Ingredients

2 cups (500 ml) frozen strawberries  
¾ cup (180 ml) vanilla or plain yogurt  
2 ½ cups (625 ml) milk  
15 to 20 mint leaves  
1 tbsp (15 ml) honey  
½ tsp (2.5 ml) of vanilla extract

## Preparation

Mix all of the ingredients in a blender. Turn to high speed until fully blended and smooth. Serve and enjoy!