

# SF Otago SUNFLOWER HANDBOOK

## CUMI KIDS SMOOTHIE RECIPES

### Strawberrylicious



- 1/2 punnet strawberries
- 1/2 litre plain yoghurt
- 3 cups trim milk
  - 2 T honey

Blend to combine, serve and enjoy.

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### Yummy Strawberry Smoothie



- 1/2 punnet strawberries
  - 1/2 litre plain yoghurt
- Blend in blender to combine, serve and enjoy.

