



Delicious Smoothie Recipes!

Lee Strand milk smoothie recipes are a delicious and nutritious way to enjoy all the benefits of milk and fruit together. The smoothies are packed with vitamins and minerals. There are so much fun to make and even more fun to drink. ENJOY!

STRAWBERRY DELIGHT SMOOTHIE

- 1 pint of Lee Strand Milk
- 2 pots of vanilla yogurt
- 4 handfuls of strawberries
- 1 banana

BANANA & HONEY SMOOTHIE

- 1 pint of Lee Strand Milk
- 2 bananas
- A generous squeeze of honey

BERRY MIX SMOOTHIE

- 1 pint of Lee Strand Milk
- 2 handfuls of raspberries
- 2 handfuls of blueberries
- 1 banana
- 2 pots of natural yogurt

How to make the smoothies: Add all ingredients into the blender, break up the banana before placing in the blender. Blend for one minute. Pour over ice cubes and serve with a straw.

The smoothie recipes will make 2 large or 4 small smoothies.