THE LIGHTER PLATE METHOD

# Strawberry & Basil Smoothie

Basil gives sweet strawberry an unexpected, almost peppery lift.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **5 min** | **0 min** | **5 min** | **2** | **EASY** |

## Ingredients

- 250 g frozen strawberries
- 1 small handful fresh basil
- 200 g natural yoghurt
- 150 ml orange juice
- 2 tsp honey
- 1 handful ice

## Method

1. Put the yoghurt, orange juice, honey and basil into the blender and blitz for 15 seconds.
2. Add the frozen strawberries and ice.
3. Blend on high for 45 seconds until thick and smooth.
4. Pour into two glasses and top each with a small basil leaf.

## Tips & swaps

- Use the basil stalks as well as the leaves; they carry more perfume. Start with a small handful — basil goes from interesting to overwhelming very quickly.

## Storage & reheating

Best drunk immediately.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **170** | **8g** | **30g** | **3g** | **3g** |

*Estimated values, for guidance only. Contains: Milk.*