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!