STRAWBERRY

STRAWBERRY LIME SMOOTHIES

INGREDIENTS

1 CUP STRAWBERRY YOGURT
1/2 CUP 2% MILK
2 TO 4 TBSP LIME JUICE
2 TBSP HONEY
1/4 TSP GROUND CINNAMON
2 CUPS FRESH STRAWBERRIES, HULLED

DIRECTIONS:

PROCESS ALL INGREDIENTS IN A COVERED BLENDER UNTIL SMOOTH.

POUR 1 OR 2 OUNCE PORTION CUPS FOR TASTE TESTING.

OKLAHOMA STATE FRUIT

TASTEFUL HARVEST

OKLAHOMA FARM TO SCHOOL