

Strawberries and Cream Smoothie

Source: SimpleSaverWife.com

Prep **Total**

5 min 5 min

Serving: 2

This easy, 2-ingredient smoothie is a refreshing breakfast or snack anytime. Kids love it, too! For on the go, try freezing the mixture into reusable squeeze pouches to thaw out by lunchtime for a frosty treat!

Ingredients

$\frac{1}{3}$ cup **milk**

1 cup **strawberries** *frozen*

lemon juice *squeeze of - (optional)*

Directions

1. Combine all ingredients in a blender and blend until smooth. If necessary, add more liquid (milk or water) to reach desired consistency.
2. Serve immediately or freeze remaining portion for later (it will be similar to soft serve ice cream!).