



Drink


Smoothie


Dessert

Lily's shake

 6 mins
(approx)

 2 mins
(approx)

 1-2 people if you
use small cups

 2 bottles

Ingredients

- 2 bottles of **Yakults**
- 1 cup of ice
- 1-2 cups of frozen strawberries
or fresh whichever works
- 1/3 cup water
- 1 cup Bananas (optional for
extra taste)

How to make it

1. Add 1/3 cup water , fruit(1-2 cups of frozen strawberries or fresh
whichever works) and 2 **Yakult** to blender and blend
2. Add 1 cup of ice and blend again
3. For finishing touches add diced strawberries to cups for garnish
and enjoy!