

Drink

Smoothie

Dessert

Lily's shake



6 minutes
(approx)



2 minutes
(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!