

Foodnity Recipes

Easy Strawberry Milkshake Recipe

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 ½ cups fresh strawberries, hulled
- [ ] 1 cup cold whole milk (or plant-based milk)
- [ ] 2 tbsp honey or maple syrup
- [ ] ½ tsp vanilla extract
- [ ] ½ tsp fresh lemon juice
- [ ] 1 cup ice cubes

Instructions

1. Place the hulled strawberries in the blender and pulse until they break down into a bright puree.
2. Add the milk, honey, vanilla, and lemon juice; blend on medium speed until smooth.
3. Throw in the ice cubes and blend briefly, just until the mixture is frothy and chilled.
4. Taste and adjust sweetness if needed, then pour into chilled glasses and garnish with a whole strawberry.
5. Enjoy immediately while the aroma of fresh strawberries fills the air.

Nutrition per serving

210 kcal	6 g	35 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If strawberries are very juicy, reduce the ice slightly to keep the shake from becoming watery.
- A pinch of sea salt can enhance the natural sweetness.
- For an extra creamy texture, add a tablespoon of Greek yogurt.