

Foodnity Recipes

Homemade Strawberry Milk Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 cups fresh strawberries, hulled
- [ ] 2 cups cold whole milk
- [ ] 2 tbsp honey (optional)
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp fresh lemon juice
- [ ] 4–6 ice cubes (optional)

Instructions

1. Wash the strawberries, remove the stems, and slice them into halves.
2. In a blender, combine strawberries, honey, lemon juice, and vanilla; blend until smooth.
3. Pour the cold milk into the mixture, add ice cubes if using, and blend on low then high for a silky texture.
4. Taste and adjust sweetness; pour into chilled glasses, garnish with a strawberry slice, and enjoy immediately.

Nutrition per serving

180 kcal	6 g	28 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer drink, substitute half the milk with half-and-half.
- For a dairy-free version, use oat milk and maple syrup instead of honey.
- A dash of cinnamon can add a warm undertone, especially in cooler weather.