

Foodnity Recipes

Korean Strawberry Milk – 3-Ingredient Recipe

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

Ingredients

Main Ingredients

- [ ] 1 cup fresh strawberries, hulled
- [ ] 1 cup cold whole milk
- [ ] 1-2 tbsp honey (adjust to taste)
- [ ] A pinch of sea salt
- [ ] Ice cubes (optional)

Instructions

1. Wash the strawberries, remove the green tops, and place them in a blender. I remember the scent of fresh berries filling the kitchen – oops, that's why I love this part.
2. Add a splash of milk and blend on low speed until the strawberries are broken down, then increase to high for a smooth puree.
3. Pour in the remaining milk, honey, and pinch of salt. Blend briefly just to swirl everything together – yeah, don't over-mix.
4. Taste and adjust sweetness if needed, then add ice cubes if you like it extra chilled. Serve in tall glasses, optionally garnished with a strawberry slice.

Nutrition per serving

150 kcal	5 g	22 g	5 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If the strawberries are very juicy, you may want to strain the puree for a silkier texture.
> - For a thicker drink, add a splash of Greek yogurt or a frozen banana.
> - Keep the drink cold; it tastes best right after blending.