



## Oriental Infused Smoothie

### Ingredients

250 ml (1 cup) Alasko Organic Sliced Strawberries (frozen)  
125 ml (1/2 cup) cooled brewed green tea  
125 ml (1/2 cup) vanilla yogurt  
15 ml (1 tsp) honey or agave nectar  
2 basil leaves

### Steps

Process all ingredients in a blender at high speed until smooth. Serve immediately

#### TIPS:

Use Alasko frozen fruit straight from the freezer when preparing smoothies.

You may adjust the texture of your smoothie by adding or reducing the amount of the listed ingredients.

You can add chia seeds or flaxseeds in order to boost your intake of Omega-3 fatty acids.

### Preparation time :

2 minutes

**Portions :** 2 cups (500 ml)

**Product :** Organic Sliced Strawberries

**Product code :** 03118

**Type :** Alasko Canada Retail

**Format :** 2 kg

### Preservation :

Keep frozen at 0°F or -18°C or below. Remove desired amount and return any unused product immediately to the freezer. Do not refreeze once thawed.

### Preparation :

Thaw product at room temperature or use frozen. Use any way you would use fresh fruit or incorporate it into your favorite recipe.