

## STRAWBERRY MILKSHAKE

### **Ingredients:**

1 c. White Mountain Foods Bulgarian Yogurt  
1 c. regular, soy or almond milk  
1 Tbsp. hemp oil or flax seed oil  
1 Tbsp. lecithin granules  
fresh or frozen strawberries to taste  
honey

### **Directions:**

Put all ingredients in the blender and blend until mixed.