Chocolate and strawberry milk

Serves 4

Ingredients :

Chocolate milk:

- 2 cups full cream (or fat-free) milk
- 1 tsp vanilla extract
- Selati sweetener or Selati Castor Snow, to taste
- 2 Tbs cocoa powder

Strawberry milk:

- 2 cups full cream (or fat-free) milk
- 1 tsp vanilla extract
- Selati sweetener or Selati Castor Snow, to taste
- 2 cups chopped strawberries

Methods :

1. For the chocolate milk, place the milk, vanilla, Selati sweetener and cocoa powder in a blender and blender until completely combined.
2. For the strawberry milk, place all the ingredients in a blender and blend until combined and smooth. Pour into cups and serve.