



## **Strawberry Pavlova Smoothie**

Serves 2

### **Ingredients :**

- 250g strawberries or berries, hulled and chopped
- 1 ½ cups frozen yoghurt
- ¼ cup milk
- Selati sweetener or sugar, to taste
- Crushed meringues and strawberries, to garnish

### **Methods :**

1. Place strawberries, yoghurt, milk and sweetener in a blender and blend until smooth.
2. In the meantime, run a cut strawberry around the edge of 2 glasses and then dip the rims of the glasses into the crushed meringues.
3. Pour the smoothie into the glasses and serve garnished with a meringue and strawberry.