

Strawberry Smoothie



Ingredients

2 cups frozen strawberries

1/2 cup very cold almond or coconut milk

1/2 cup vanilla yogurt

1 Tbsp. light agave nectar (optional)

Fresh strawberry to garnish

Directions

Place all ingredients into a blender and process until smooth. Pour puréed contents into a chilled glass. If desired, garnish with a strawberry; insert a straw and enjoy.