**Strawberry Lime Smoothies**

**Materials**

* 1 cup strawberry yogurt
  + Or substitute with plain yogurt​
* 1/2 cup 2% milk
* 2 cups fresh strawberries (tops removed)
* 2 to 4 tablespoons lime juice
* 1/4 teaspoon ground cinnamon
* 2 tablespoons honey
  + For a less-sweet treat, reduce or remove the honey

**Steps**

1. Process all ingredients in a covered blender until smooth.
2. Enjoy!