

LLᑦᐅᑭᑦ ᐱᑭᑦᐅᑭᑦ Yogurt Smoothie

ᐃᐅᑦᑕᑦᑕ ᐱᑭᑦᐅᑭᑦ ᐱᑭᑦᐅᑭᑦ
 ᐱᑭᑦᐅᑭᑦ yogurt:

1 ᑦᑕᐅᑕᑦ (250 ml)

ᑭᑦᑕᑦᑕᑦ ᑦᐃᐃᐱᑦᑕᑦᑕᑦ
 ᐱᑭᑦᐅᑭᑦ ᐱᑭᑦᐅᑭᑦ
 (ᐅᑦᐅᑦᐅᑕᑦᑕᑦ ᑕᐅᑦᑕᑦᑕ,
strawberries, ᑕᑦᑕᑦ)

3/4 ᑦᑕᐅᑕᑦ (175 ml)

ᐅᐃᑭᑦᑕᑦᑕᑦᑕᑦ, **vanilla**

ᐱᑭᑦᐅᑭᑦᑕᑦᑕᑦ ᐱᑭᑦᐅᑭᑦ **yogurt**

3/4 ᑦᑕᐅᑕᑦ (175 ml)

ᑭᑦᑕᑦᑕᑦ ᐱᑭᑦᐅᑭᑦ



ᐃᐅᑦᑕᑦᑕᑦᑕᑦᑕᑦ:

1. ᐃᑦᐅᑭᑦᑕᑦ ᐱᑭᑦᐅᑭᑦ ᐱᑭᑦᐅᑭᑦ. ᑦᐃᑕᑦᑕᑦ, ᐃᐅᑦᐅᑕᑦᑕᑦᑕᑦ ᑦᑕᑦᑕᑦ ᐅᑦᑕᑦᑕᑦᑕᑦ ᐃᐅᑦᐅᑕᑦᑕᑦᑕᑦ ᐃᐅᑦᐅᑕᑦᑕᑦ.
2. ᑭᑦᑕᑦᑕᑦᑕᑦ ᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ.
3. ᐃᑦᐅᑭᑦᑕᑦᑕᑦᑕᑦ yogurt, ᐱᑭᑦᐅᑭᑦ ᐱᑭᑦᐅᑭᑦ.
4. ᐃᑦᐅᑭᑦᑕᑦᑕᑦᑕᑦ ᐃᑦᐅᑭᑦᑕᑦᑕᑦ.
5. ᐱᑭᑦᐅᑭᑦᑕᑦᑕᑦ ᑦᑕᑦᑕᑦᑕᑦᑕᑦ. ᐃᑭᑦᑕᑦᑕᑦ ᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ.

