

Helergon Kitchen

Strawberry Marshmallow Drink Recipe

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Beverage** Course

Ingredients

Base

- [ ] 1 cup fresh strawberries, hulled and sliced
- [ ] 1 cup cold milk (or plant-based milk)
- [ ] 2 tbsp honey or simple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp fresh lemon juice

Topping

- [ ] 4-6 mini marshmallows
- [ ] Extra strawberry slice for garnish

Instructions

1. Place the strawberries, milk, honey, vanilla, and lemon juice in a blender; honestly, blend just until smooth—don’t over-process.
2. Taste and adjust sweetness if needed; a quick spoonful of honey can brighten the flavor.
3. Pour the mixture into two glasses, then gently drop the marshmallows on top; they’ll start to puff up.
4. Garnish with a strawberry slice, give a brief stir, and serve immediately.

Nutrition per serving

210 kcal	6 g	38 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the drink is too thick, add a splash more milk.
- For a festive touch, drizzle a little extra honey on the marshmallows.
- You can swap honey for agave syrup for a vegan-friendly version.