

Long Livo

Strawberry Marshmallow Drink Recipe

10 min Prep time	**5 min** Cook time	**15 min** Total time
2 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup fresh strawberries, hulled
- [ ] 1/2 cup marshmallows
- [ ] 1 cup milk (dairy or non-dairy)
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon juice
- [ ] 1 tbsp honey or maple syrup (optional)

Instructions

1. Wash and hull the strawberries, then blend them with lemon juice until smooth.
2. In a small saucepan, warm the milk over medium-low heat; do not let it boil.
3. Add the marshmallows to the warm milk, stirring gently until they melt into a fluffy foam.
4. Stir in the strawberry purée, vanilla extract, and honey if using; heat just until everything is combined.
5. Pour into two glasses, garnish with a strawberry slice, and enjoy immediately.

Nutrition per serving

210 kcal	6 g	35 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a cooler drink, let the mixture chill for 10 minutes and serve over ice.
- For an extra-fluffy top, whisk a handful of marshmallows separately and fold them in at the end.
- A pinch of sea salt can enhance the sweetness without adding sugar.