

Field berry smoothie |

Recipe for 4 portions

Description

A fresh and nourishing drink.

Ingredients

Smoothie

- 250 Ml Milk
- 1 Unit(s) Cortland apple
- 250 Gr Frozen berries
- 300 Ml Orange juice

Finishing touches

- 2 Unit(s) Strawberry
- 8 Unit(s) Raspberries
- 4 Leaf(ves) Mint

Preparation

- Preparation time **5 mins**

Method

Put all the ingredients in your blender, mix and make sure your mixutre is homogeneous, serve immediately. Finish your smoothie with a raspberry and a halved strawberry.

Garnish with a mint leaf.

Bon appétit!