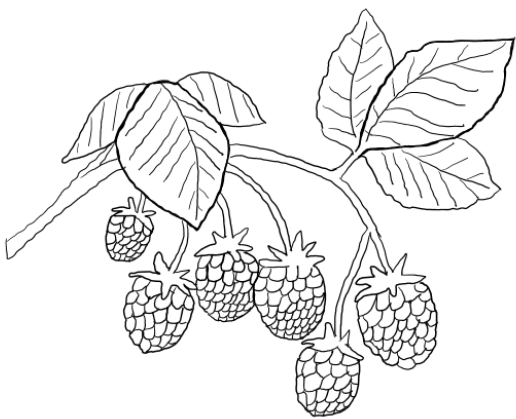


Beeren-Smoothie

Ingredients for 1 serving

50g	Raspberries
80g	Blueberries
1-2 TL	honey/sweeter you'd like
230g	yogurt or Skyr

You can always modify this recipe - just use the berries you want, you can always use strawberries etc., or milk alternatives, coconut yogurt etc. or for a high protein version - Syker



Preparation

1. Wash your berries or take them out of your freezer if you don't have fresh ones.
2. Purée your berries until smooth.
3. Mix in all other ingredients and blend until the smoothie is well blended.
4. Pour in a glass or bowl and enjoy!

(If you don't want to drink it at once, put some foil on top and store in the fridge, drink within a few days)