

FRUIT SMOOTHIE

A HEALTHY SMOOTHIE RECIPE
BY COSTA GIUSEPPE

INGREDIENTS

1 peaches
1 bananas
200 g strawberries
2 kiwi
60 ml whole milk

METHOD

To prepare the fruit smoothie, start by peeling the kiwi, then cut it into cubes, removing the central white part.

Wash the peaches, peel them and cut them into cubes.

Wash the strawberries, remove the green stalk and cut them in half, finally peel the bananas and cut them into slices.

Put al the fruit in a glass of a blender and add the milk.

Blend everything until a smooth and homogeneous mixture is obtained.

Serve immediately!