

# SMOOTHIE

A HEALTHY SMOOTHIE RECIPE

## INGREDIENTS

- 1 banana
- 3 strawberries
- 50 g. raspberries
- 50 ml. almond milk
- a spoonful of black cherry syrup
- 10 ice cubes

## DIRECTIONS

- 1) Cut the banana and strawberries into cubes.
- 2) Put the banana, strawberries, raspberries, almond milk, a spoonful of black cherry syrup and ice in the container.
- 3) Blend with the mixer and make it become one.
- 4) Pour into the glasses and add a straw.
- 5) We recommend drinking it immediately.
- 6) You could also add a strawberry and a raspberry to embellish the smoothie.