

Perfect spring smoothie

Ingredients

100ml of milk

50ml of apple juice

1 banana

3 strawberries

50gr of raspberries

2 tablespoons of sugar

2 ice cubes

dark chocolate chips

Method

Wash

the fruit and cut it into cubes. Blend milk and fruit together

for a few minutes, then add sugar and apple juice. Mix for 1\2 minutes and then add the ice cubes. Blend for 1 minute and then

pour into a glass. Then decorate with chocolate chips.

By Claudia Ciliberti