

RED SMOOTHIE

BY SHARON VINCENZI

INGREDIENTS

10G
STRAWBERRIES,SLICED 10G CHERRIES,SLICED
1 POMEGRANATE,BEANS 10G RASPBERRIES,SLICED
20CL MILK

METHOD

- 1.BLEND ALL THE INGREDIENTS IN A BLENDER UNTIL SMOOTH
- 2.POUR SMOOTHIE INTO A TALL GLASS TO SERVE

PREPARATION:5 MINUTES
SERVES:2