



SNACKS

RED SMOOTHIE

WITH FRESH LEMON

I. Cut the peach into small pieces and put it in a blender together with the rest of the ingredients.

II. Mix the ingredients until the smoothie is nice and creamy.

GIVE IT A TRY:

You can adapt the choice of fruit to the season or your taste. Replace one of the fruit portions with blueberries, mango, banana, strawberries or pineapple.

Choice of milk: 3.5%, 1.5%, almond, rice or soy milk - you can choose!

TIP: You don't like flaxseed? Just replace them with 1tsp walnut or linseed oil, chia seeds or ½ avocado!

INGREDIENTS:

1 peach
3 leaves fresh mint
150g raspberries
3tbsp Yoghurt
150ml milk of your choice
Juice ½ Lime
1tsp flaxseed



Preparation time: 5min