



Power smoothie

Ingredients

500 ml (2 cups) Alasko frozen 4-Field Berry Mix (strawberries, raspberries, blueberries, blackberries)
625 ml (2 1/2 cups) of unsweetened grape juice
125 ml (1/2 cup) of low-fat vanilla yogurt
125 ml (1/2 cup) of Alasko frozen bananas

Steps

Process all ingredients in a blender at high speed until smooth.
Serve immediately.

Preparation time :

5 minutes

Portions : 4 portions

Product : Berry Mix 4 Berries IQF

Product code : 00297

Type : Fruit blends

Format : 5 x 1 kg

Preservation :

Keep frozen at 0°F or -18°C or below. Take out desired amount and return any product not used immediately to freezer. Do not refreeze if thawed.

Preparation :

Thaw product at room temperature or use frozen. Use any way you would use fresh fruit or incorporated into your favourite recipe.