



Jessica's Berry Explosion Smoothie

Ingredients

250 ml (1 cup) Alasko Berry Cherry Blend (frozen)
 125 ml (1/2 cup) coconut water
 125 ml (1/2 cup) vanilla yogurt

Preparation time :
 2 minutes

Portions 2: cups (500 ml)

Steps

Process the Alasko Berry Cherry blend, coconut water and vanilla yogurt in a blender at high speed until smooth. Serve immediately.

TIPS:

Use the Alasko Berry Cherry blend straight from the freezer when preparing smoothies.

You may adjust the texture of your smoothie by adding or reducing the amount of the listed ingredients.

You can add chia seeds or flaxseeds to increase your intake of Omega-3 fatty acids.

Product Berry Cherry Blend

Product code 0015

Type Fruit blends

Format 5: x 1 kg

Freeze when preparing

Keep frozen at 0°F or -18°

below. Remove desired am

return any unused product

to freezer. Do not refreeze

Preparation :

Thaw product at room temp

use frozen. Use any way yo

fresh fruit or incorporated

favorite recipe.