



Raspberry Morning Smoohtie

Ingredients

250 ml (1 cup) Cranberry cocktail juice
185 ml (3/4 cup) Alasko frozen Raspberries
60 ml (1/4 cup) frozen Alasko Bananas or 1/2 fresh banana

Steps

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

Serve immediately

TIPS:

You may adjust the texture of your smoothie by adding more or reducing the amount of liquid. Adjust quantities according to your taste.

You may substitute juice with 2% milk or soy milk.

Preparation time :

5 minutes

Portions : 2 servings

Product : IQF Whole Raspberries

Product code : Sam's Club 540927

Type : Classic fruits

Format : 9 X 48oz (3 lbs)

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.