



Raspberry & Strawberry Smoothie

Ingredients

125 ml (1/2 cup) frozen Alasko strawberries
125 ml (1/2 cup) Alasko Raspberries frozen
125 ml (1/2 cup) plain yogurt
125 ml (1/2 cup) 2% milk
2-3 tbsp honey, to taste

Steps

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

Serve immediately.

TIPS:

Use Alasko frozen fruits straight from the freezer for a thicker and slushy style beverage.

You may adjust the texture of your smoothie by adding more or reducing the amount of liquid.

Preparation time :

5 minutes

Portions : 2 portions 250 ml

Product : Raspberry crumble IQF

Product code : 00211

Type : Classic fruits

Format : 1 x 10 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.