



Smoothie strawberry vanilla

Ingredients

125 ml (1/2 cup) of 2% milk
125 ml (1/2 cup) of Alasko Strawberries frozen
60 ml (1/4 cup) of vanilla yogurt
15 ml (1 tbsp) of wheat germ
5 ml (1 tsp) of maple syrup

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 slushy style beverage.

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 milk with soy milk.

VARIATION:

Make recipe using any combination of ALASKO frozen fruits, it or incorporated

Preparation time :
5 minutes

Portions: 1 portion

Product: Strawberries Whole

Productcode: 00213

Type: Classic fruits

Format: 6 x 2 kg

Preservation :

Keep frozen at 0°F or -18°

below. Take and desired amount

return any product not use

immediately to freezer. Do

if thawed.

Preparation :

Thaw product at room temp

use frozen. Use any way yo

fresh fruit, it or incorporated

favourite recipe.