

Berries, banana and honey smoothie

Recette pour 4 personnes



Description

Frozen drink prepared with raspberries, blueberries and strawberries as well as banana and honey prepared directly in your blender.

L'idée déco

You can vary the frozen fruits to create a range of smoothies, each more exotic than others.

Ingrédients

For the smoothie

- 500 Ml Frozen berries
- 1 Unit(s) Banana
- 250 Ml Orange juice
- 250 Ml Plain yogurt 2%
- 15 Ml Honey
- 16 Unit(s) Blueberry

Préparations

Temps de préparation **10 mins**

Smoothie preparation

Skewer fresh blueberries on a small bamboo skewer. Place all ingredients in a blender and mix well for 2 minutes. Serve in nice glasses and garnish with skewered blueberries.

Bon appétit!