



YOGHURT-RASPBERRY-SMOOTHIE

Delicious, healthy and easily prepared – there's more than one reason to love smoothies! This creamy yoghurt-raspberry-smoothie is full of vitamins and can be enjoyed as a healthy breakfast or a fruity refreshment between meals.

INGREDIENTS

For 450 ml:

200 g raspberries (fresh or frozen)
150 g yoghurt
100 ml milk
Honey to sweeten

PREPARATION

Put the raspberries, the yoghurt, the milk and a bit of honey in the blender and blend until reaching a smooth texture. Add some more milk if the consistency is too thick. Pour the smoothie into the BODDELS TWEE drinking bottle and enjoy on the go!

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You can find more recipes for infused water, smoothies, teas and other healthy drinks on www.boddels.com