

Berry and chickpea smoothie (vegan)



5 min. 143 kcal SteviaSweet Crystal

Preparation

Rinse the chickpeas. Place all the ingredients into a blender and blend into a loose puree. Pour into glasses and enjoy.

Ingredients for 2 servings

200 g	raspberries
100 g	redcurrants
50 g	cooked chickpeas
1	banana
200 ml	cold water
25 g	SteviaSweet Crystal (ice)

Nutritional information per portion

143	kcal
602	kJ
4	g Protein
28.5	g Carbohydrates
1.5	g Fat