

Berry Smoothie



 5 min.  147 kcal  SteviaSweet Crystal

Preparation

Put all the ingredients into a blender and mix until smooth.

Ingredients for 2 - 3 servings

200 g	frozen berries for example: raspberries bilberries currants lingonberries cranberries
200 g	natural yogurt
100 ml	milk
2 tbsp	SteviaSweet Crystal

Nutritional information per portion

147	kcal
617	kJ
6.5	g Protein
16.5	g Carbohydrates
6	g Fat