

Cranberry and apple smoothie



 10 min.  140 kcal  SteviaSweet Crystal

Preparation

Chop the apple and banana and place in a mixer or large bowl. Add the other ingredients and purée until smooth.

Ingredients for 2 servings

100 g	cranberries
1	apple
1	banana
1/2 tsp	SteviaSweet Crystal
100 ml	oat milk

Nutritional information per portion

140	kcal
590	kJ
1.5	g Protein
31	g Carbohydrates
1.5	g Fat