



Smoothie

Ingredients

1 banaan
6 el yoghurt
1 dl appel- en aardbeiensap
1 kl camu camupoeder
gedroogde aarbeien
cacaonibs

Banana & strawberry

Preparation

1. Blend a small banana together with 6 tbsp yoghurt and 1 dl apple and strawberry juice.
2. Add 1 tsp camu camu powder and/or baobab powder and blend until smooth.
3. Then add a few dried strawberries and blend briefly until you see small red dots in the mixture.
4. Pour the smoothie into a glass and decorate with some cocoa nibs.

Hungry for more?

Find our delicious recipes on www.purasana.be or in our book **Become A Super Food Chef**.