



### Ingredients

1 banana  
6 tbsp yoghurt  
100 ml apple and raspberry juice  
1 tsp camu camu powder  
dried raspberries

## Banana & raspberry

### Preparation

1. Blend a small banana together with 6 tbsp yoghurt and 100 ml apple and raspberry juice.
2. Add 1 tsp camu camu powder and/or baobab powder and blend until smooth.
3. Then add a few dried raspberries and blend briefly until you see small red dots in the mixture.
4. Pour the smoothie in a glass and decorate with the sweet nuts and seeds mix.

### Hungry for more?

Find our delicious recipes on [www.purasana.be](http://www.purasana.be) or in our book **Become A Super Food Chef**.