

ENERGY BLACKCURRANT SMOOTHIE

This energy blackcurrant smoothie recipe has gained the public's approval in the Best of Cassis Smoothie contest 2017. The participants had to use blackcurrant concentrate in their recipes. You may, of course, not be able to buy this in a shop. But blackcurrant concentrate is nothing more than what it says: concentrated blackcurrant juice. You can simply replace it with the double of the amount of pure blackcurrant juice. Keep in mind: pure blackcurrant juice does not contain any added water or sugar!



Ingredients for Energy blackcurrant Smoothie:

for 1 liter

5cl blackcurrant concentrate (or 9 cl of pure blackcurrant juice)

300g fresh pineapple

4 nectarines

1 big apple

2 kiwis

15 - 20 basil leaves

15g fresh ginger

5 ice cubes

PREPARATION OF ENERGY BLACKCURRANT SMOOTHIE:

Mix well all the ingredients in a blender and get energy for a whole day.

Recipe by Karine (Les Gourmandises de Choucha)



Karine
serving her
energy
blackcurra
nt smoothie
to the
public