

EXOTIC SMOOTHIE

BLACKCURRANT

This exotic 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 an exotic blackcurrant Smoothie:

for 250 ml

130g strawberries

90g mango

60ml blackcurrant concentrate (or 100ml pure blackcurrant juice)

150g ice cubes

PREPARATION:

Mix well all the ingredients in a blender. Add one slice of lemon and enjoy.

Recipe by Elaine



Elaine, proud
of her exotic
blackcurrant
smoothie