

PEACH, MELON & BLACKCURRANT SMOOTHIE

This peach, melon & blackcurrant smoothie recipe of the Best of Cassis Smoothie contest 2017 is delicious. The participants of the contest 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 Peach, melon & blackcurrant Smoothie:

for 1 liter

1/2 melon

6 or 7 flat peaches

40g blackcurrant concentrate

3g fresh ginger

some ice cubes

PREPARATION:

Mix well all the ingredients in a blender. You will find it amazing.

Recipe by Lea



Lea
preparing
her peach,
melon &
blackcurrant
smoothie