

STRAWBERRY, WATERMELON & BLACKCURRANT SMOOTHIE

This fresh strawberry, watermelon & 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 Strawberry, Watermelon & blackcurrant Smoothie:

for 400 ml

100g strawberries

100g watermelon

40g blackcurrant concentrate (or 70g pure blackcurrant juice)

some mint leaves

100g ice cubes

PREPARATION:

Mix well all the ingredients in a blender for a refreshing drink on a hot summer day.

Recipe by Nicole



Nicole
preparing
strawberry
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blackcurra
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smoothie