



Energy drink

For a boost in between meals



Chef's tips

Instead of apples you can also use peaches or any other juicy fruit; all berries are suitable (depending on the season). Use either natural or any fruit yogurt you like and adjust the amount of honey accordingly.

As opposed to pressed fruit juices, the nutrients of the fruit remain intact in this drink as no part of the fruit is discarded.

Preparation

300 ml	milk	
300 g	yogurt	
100 ml	orange juice	
2	tbsp honey	
4	tbsp mixed flakes	
4	apples	peeled and cored
250 g	mixed berries	Put all the ingredients into a blender and process until smooth