

Chocolate and Berry Smoothie

Makes 2 glasses

Ingredients

- 2** teaspoons Nutrafresh™ Raspberry powder
- 2 cups Natural yogurt.
- 1 teaspoon of Organic Maretai Cacao powder
- 1 teaspoon Organic Maretai Low GI Agave syrup to sweeten. (option)

(www.maretai.co.nz)

** 2 teaspoons Nutrafresh™ powder = 15g approx.

Method

1. Simply add all the ingredients in your blender and mix on high for 1 minute

