

## Passionfruit Smoothie

Makes 2-3 glasses

### Ingredients

- 3\*\* teaspoons Nutrafresh™ Passionfruit powder
- 2 cups 'No added sugar', 'fat free' Vanilla yogurt.
- ½ cup skimmed milk or soy milk
- Chopped nuts



\*\* 3 teaspoons Nutrafresh™ Sparkling powder = 15g approx.

### Method

1. Combine all ingredients in a blender and mix on high for 30 seconds
2. Garnish with a few chopped nuts