

Always summer Strawberry smoothie

Makes - 2-3 glasses

Ingredients

- 3** Teaspoons Nutrafresh™ Strawberry powder
- 2 cups Greek yogurt
- 1 cup of trim milk or soy milk
- 1 teaspoons of low GI Maretai Agave syrup to sweeten (www.maretai.co.nz)
- 1 Vanilla pod to garnish (optional)



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

Method

1. Simply add all the ingredients (except vanilla pod) in your blender and mix on high for 30 seconds
2. Garnish with vanilla pod.

Store in the refrigerator