



FRUIT SOLUTIONS



Fruity Milkshake

Makes 1 portion

Preparation time approx. 5 minutes

Ingredients

- 150 ml (approx. 165 g) ZENTIS Spoonable Smoothie Red Fruits or Yellow Fruits
- 150 ml (approx. 150 g) full-fat milk 3.5% fat or milk alternative such as oat, coconut or almond

Method

1. Put the well-chilled ZENTIS Spoonable Smoothie in a suitable glass
2. Pour in the milk or milk alternative
3. Stir together the ingredients in the glass and enjoy chilled