



Pink Forest Fruit Smoothie

Adapted from a recipe by By Daphne Kooy

<http://greatbodyskin.com/the-fashionable-pink-forest-fruit-smoothie/>

The **blueberries** are said to give you a high serving of antioxidants, protect your body from heart diseases and keep your cholesterol low. Good brain food! The **banana** gives you a lot of energy and it has a positive effect on your mood. **Strawberries** and **raspberries** provide you with extra vitamins and minerals.



Serves 2

Nutrient rich, lactose free, healthy pink smoothie. Perfect for breakfast, lunch, in-between-snack or pre and post workout snack.

Ingredients

1. 1 cup/240 ml orange juice or milk
2. 1 cup/170 gram blueberries
3. 1 cup/170 gram frozen raspberries
4. 1,5 cup/255 gram strawberries
5. 1 banana

Tip: Use frozen 'Fruits of the Forest' for a cheaper and varied mix of berries

Instructions

1. Blend all the ingredients together in the blender and blend until smooth. If you want it a bit more liquid, you can add some water.
2. Top it with blueberries or any other kind of berries and enjoy!

