

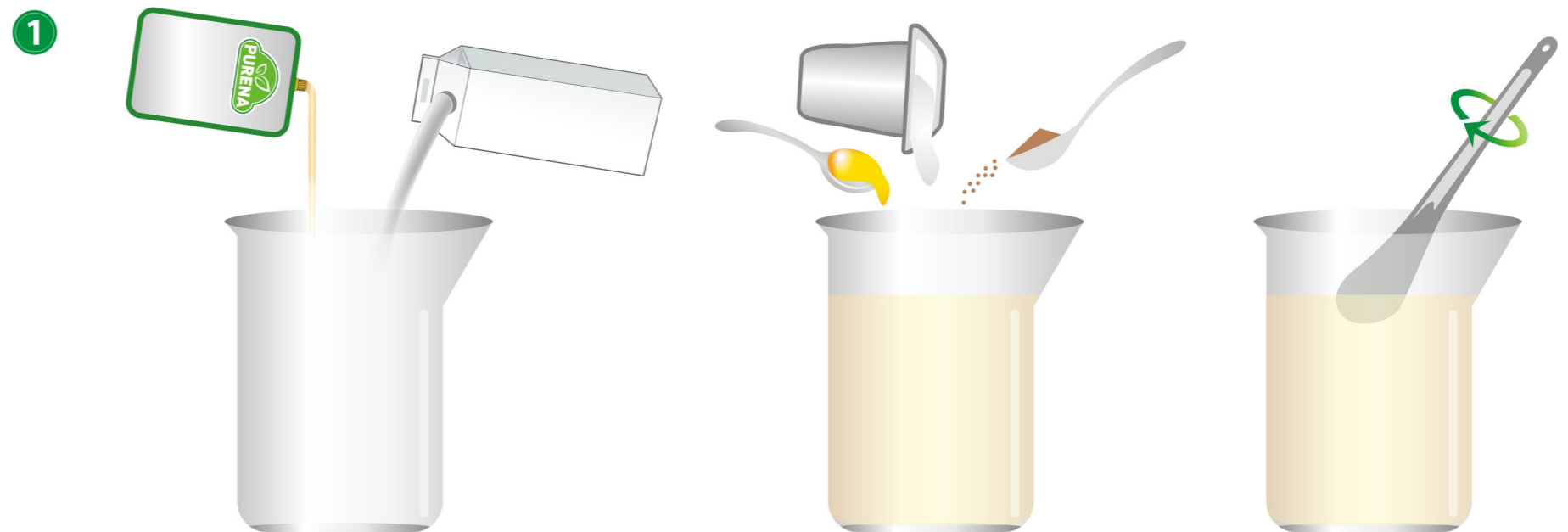
# APPLE MILKSHAKE

## Ingredients for 3 servings (600 ml):

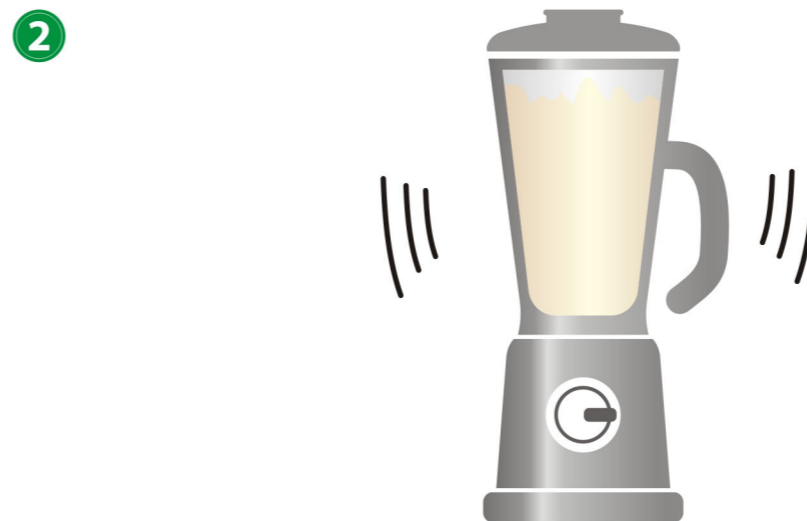
- 230 g of the PURENA apple purée
- 250 ml of milk (1 glass)
- 100 g of yoghurt
- 40 g of honey (2 heaped tablespoons)
- a pinch of cinnamon (about 0.1 g)



## DIRECTIONS:



Mix all ingredients.



If you are using thick yoghurt, it is better to blend everything.

## Nutrition info:

100 g  
84 kcal

1 serving  
231 kcal

Consume the prepared milkshake within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.