

BANANA & FOREST FRUIT SMOOTHIE

Ingredients for 5 servings (1 litre):

- 300 g of the Purena banana purée
- 200 g of the PURENA forest fruit compote
- 60 g of the PURENA apple purée
- approx. 510 ml of water

DIRECTIONS:

1



Pour the banana purée and PURENA forest fruit compote into the blender.

2



Add the apple purée and water.

3



Blend or mix all the ingredients into a smooth paste.



Nutrition info:

100 g
64 kcal

1 serving
137 kcal

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