

APPLE-BANANA-STRAWBERRY SMOOTHIE

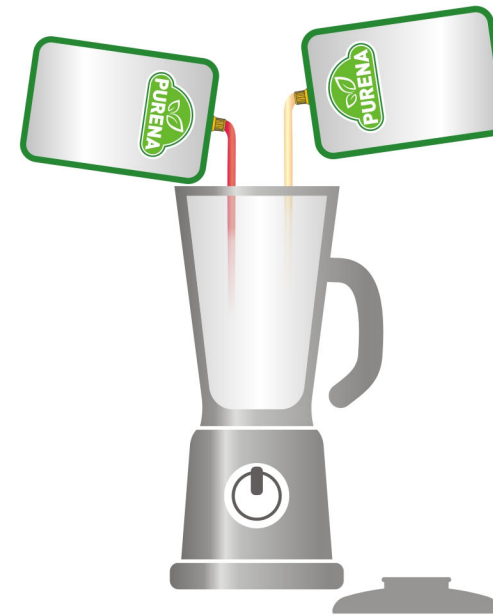
Ingredients for 5 servings (1 litre):

- 320 g of the PURENA apple purée
- 130 g of the PURENA strawberry-cherry compote concentrate
- 200 g of the Purena banana purée
- about 410 ml of water



DIRECTIONS:

1



Pour the PURENA apple puree and PURENA strawberry-cherry compote into the blender.

2



Add banana puree and water.

3



Blend or mix all the ingredients into a smooth paste.

Nutrition info:

100 g
69 kcal

1 serving
146 kcal

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