

OUR RECIPE

TASTY
RECIPE

Blackberry, Apple & Orange Smoothie

For that vitamin C kick!

INGREDIENTS

- 1 medium eating apple
- 75g blackberries
(works well when the berries are frozen)
- Juice of 1-2 medium oranges
- ½ tsp honey



Out of blackberries? Try raspberries or logan berries.

METHOD

1. Peel, core and chop the apple into 6 mm chunks.
2. Add to a blender with the washed blackberries.
3. Then add the juice of the oranges and the honey.
4. Blend until smooth.
5. Add another orange if needed for a sharper taste and pulse again.
6. Drink immediately to avoid separation.

Recipe courtesy of My Vision Matters