

BERRY SMOOTHIE



DAIRY WOMEN'S
NETWORK

success through inspiration

Recipe by Fonterra

Need a health kick to help you through your day? We've got you covered. We've come up with a rainbow of healthy smoothies to boost your energy, so you can feel fantastic!

Ingredients

½ cup Anchor Protein+ Lite Milk

½ cup Anchor Protein+ Mixed Berry Yoghurt

½ cup frozen strawberries

½ cup frozen raspberries

1 Tbsps acai berry powder

Top with:

A handful of fresh raspberries

Method

1. Pop all ingredients into a blender and blend until smooth.
2. Pour into a glass and top with bee pollen.



Dairy for life

