

Summerfruits Smoothie

Ingredients

175g raspberries, fresh or frozen (defrosted)

300g blackberries, fresh or frozen (defrosted)

200ml carton **Loprofin** PKU Drink

200ml of apple juice

2 tablespoons of summerfruit squash (for PKU: check that it is aspartame free)

Method

1. Place all the ingredients in a liquidiser (or food processor) and blend for 1 minute.
2. Chill before serving.

Adapted from: Nutricia's An Introduction to Low Protein Cooking Booklet