

Witches Brew

Ingredients

300g frozen summer fruits, thawed

50 ml water

200ml carton SnoPro Low Protein Milk – may need to count as exchanges

1 tablespoon blackcurrant cordial – for PKU patients ensure aspartame free

Method

1. Place summer fruits and water in a blender/liquidiser and process for 1-2 minutes, until smooth.
2. Add most of the SnoPro Low Protein Milk and the blackcurrant cordial, process until blended.
3. Chill until required.
4. Pour into glasses to serve. Before serving shake a few drops of SnoPro onto the top of each drink.



This recipe was provided by Nutricia Metabolics