



# Cranberry & Raspberry Smoothie

SERVES 1

## Ingredients

- 200ml almond milk
- 50g frozen raspberries
- 30g frozen cranberries
- 2 tablespoons ground almonds
- ½ banana



## Directions

- Place all of the ingredients into a blender and blend until smooth.

\* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Recipe provided by Alpro

Calcium



Vitamin D



Iodine \*



Lactose & Galactose Free Recipe