

persiMon® and Cranberry Smoothie



This refreshing smoothie will deliver a jolt of energy in the morning.

persiMon® is versatile and ideal for blending; it can be mixed with any other fruit for other delicious flavour combinations

Makes 6 servings

INGREDIENTS:

- 2 diced persiMon®
- 1/2 cup (125ml) frozen cranberries
- 1/2 cup (125ml) Greek yogurt
- 4 tbsp (60 ml) almond butter
- 1 cup (250ml) almond milk
- 2 cups (500ml) whole milk
- a few ice cubes

PREPARATION

- Place all the ingredients in a blender and mix until a smooth texture is achieved.
- Add more milk if the texture is too thick.
- Serve cold.



Source: www.persimoncanada.com

