

# Fruits smoothie

Source de protéines, calcium, vitamine D, vitamine C, vitamine B12, fibres



## Ingredients

2 cups	Milk	500 ml
2 cups	Any fresh or frozen fruit *	500 ml
½ teaspoon	Vanilla extract (optional)	2,5 ml



## Preparation

1. Put all ingredients in a blender, blend until smooth.
2. If the mixture is too thick, which happens sometimes with frozen fruit, add more milk until desired consistency.



## Tips

1. One banana is equivalent to one cup of fruit.
2. Use small berries (raspberry, strawberry, blackberry, blueberry) peaches, mangoes, kiwis, oranges, etc.
3. Perfect for overly ripe fruits or that are starting to go bad!