



JERNEJ KITCHEN

BLUEBERRY AND BANANA SMOOTHIES

Fresh, colorful, not too sweet and energy boosting. Blueberry smoothie and sweet banana smoothie.

SERVES 2 SMOOTHIES (EACH FLAVOR)
PREPARATION: 5 MINUTES

PURPLE BLUEBERRY SMOOTHIE

1 handful of red currants, fresh or frozen

1 handful of blueberries, fresh or frozen

2 tbsp sour cherries, fresh or frozen

300 g milk

1 tbsp honey, floral

SWEET BANANA SMOOTHIE

1 large banana, ripe

2 dried dates

1 handful of mulberries

1 tbsp old-fashioned oats

300 g milk

PURPLE BLUEBERRY SMOOTHIE

Add all the ingredients to a blender jug. Blitz until completely smooth and yummy. If you would like a bit more runny smoothie, add a dash of water or milk. Pour into two tall glasses and serve immediately.

SWEET BANANA SMOOTHIE

Peel and break the banana. Add all the ingredients to a blender jug. Blitz until completely smooth and yummy. If you would like a bit more runny smoothie, add a dash of water or milk. Pour into two tall glasses and serve immediately.

TOOLS AND EQUIPEMENT

blender

tall glasses for smoothies