

Recipe No. 17/2016

Berry and Avocado Smoothie

A very good start to the day or a mid-morning pick-me up, this smoothie is packed with goodness and vitamins. No sugar or sweetener is required.

Each case of diabetes is an individual one, therefore we aren't able to give specific advice or recipes to suite every diabetic. Please bear in mind the dietary requirements you are required to keep and adjust recipes accordingly.

NB: Suitable for both TM5 and TM31

Serves: 2

Total preparation time: 5 minutes

Ingredients

150g unsweetened nut milk
70g blackberries frozen
100g strawberries
1/2 avocado pear
5g flaxseed
50g spinach leaves
100g Greek yoghurt, unsweetened
10g chia seeds
A small handful wheatgrass or 10g wheatgrass powder
5 ice cubes
Fresh mint leaves to garnish



Method

1. Place all ingredients except mint leaves into the TM bowl.
2. Blend **1 min/speed 8**.
3. Pour into glasses and serve cold.

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