

Recipe No. 20/2016

Creamy Blueberry Smoothie

May/June is the beginning of winter in South Africa and for many of us, the onset of colds and flu along with other illnesses. Eating the right foods often takes a backseat for warm creamy comfort foods and chocolate becomes pretty standard. To put us back in check and provide our Thermomix family with incentives to keep going with jam-packed nutrients and brain foods, we are making June our Smoothie month.

The Thermomix makes smoothies a quick and easy option for a filling nutritive meal-on-the-run or a great way to start your family's day.

NB: Suitable for both TM5 and TM31

Makes 1x 200ml

Total Preparation time: 5 minutes

Ingredients

160 g Greek yoghurt
50g blueberries, frozen
30g raw cashew nuts soaked overnight
1 teaspoon honey



Method

1. Place all ingredients into the TM bowl. Blend **1 min/speed 10**.
2. For a little added crunch, sprinkle with seeds like pumpkin seeds.

Cook's notes

- Blueberries are a wonderful source of brain food and vitamin A.
- Cashew nuts provide a good source off protein.

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