



Berry Twister

Ingredients

- 125 ml (1/2 cup) Moov Whole Raspberries (frozen)
- 125 ml (1/2 tasse) Moov Wild Blueberries (frozen)
- 125 ml (1/2 tasse) Vanilla yogurt
- 125 ml (1/2 cup) Coconut water

Steps

Process all ingredients in a blender at high speed until desired consistency.
Serve immediately.

TIPS:

Use Moov frozen fruit straight from the freezer when preparing smoothies.

Turn this regular smoothie into a smoothie bowl by garnishing with your preferred toppings and eating it with a spoon!

Toppings may include: granola, chocolate chips, coconut shavings, nuts, fruit etc...

Preparation time :
2 minutes

Portions: 2 cups (500 ml)

Product: Whole Raspberries

Product code: 02103

Product type: Raspberries Canada Retail

Format: 1.5 kg

Preservation :
Keep frozen smoothies -18°C

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below. Remove when desired amount

immediately return any unused

to the freezer. Do not refreeze

thawed.

Preparation :

Thaw product at room temperature

use frozen. Use any way you

fresh fruit or incorporate in

favorite recipe.