



Cherry - Jammin' Smoothie

Ingredients

- 125 ml (1/2 cup) Alasko Organic Dark Sweet Cherries (frozen)
- 1 banana (frozen or fresh)
- 125 ml (1/2 cup) Plain Greek yogurt
- 125 ml (1/2 cup) Coconut water
- Juice of 1 lime

Preparation time :
2 minutes

Portions: 2 cups (500 ml)

Product: Organic Dark Sweet

Productcode: 03119

Type: Alasko Canada Retail
Format: 2 kg

Preservation :
Keep frozen at 0°F or -18°

When preparing smoothies, use the same amount of frozen fruit as you would use fresh fruit. Do not refreeze thawed product.

Preparation :

Thaw product at room temperature or use frozen. Use any way you like, with fresh fruit or incorporate it into your favorite recipe.

Steps

Process all the ingredients in a blender at high speed until smooth. Serve immediately.

TIPS:

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

You may adjust the texture of your smoothie by adding or reducing the amount of the listed ingredients.

You can add chia seeds or flaxseeds in order to boost your intake of Omega-3 fatty acids.