



Berry Mint Smoothie

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Prep 10 minutes



Makes 50oz (1.5L) / Serves 4

3 cups (400g) frozen mixed berries

2½ cups (600ml) almond milk

⅔ cup (160g) plain yogurt

1 tablespoon agave nectar

16 mint leaves

Method

1. Place ingredients into blender jug and secure lid.

SMOOTHIE until program finishes.



Prep 10 minutes



Serves 1

1½ cups (200g) frozen mixed berries

1¼ cups (300ml) almond milk

½ cup (80g) plain yogurt

2 teaspoons agave nectar

8 mint leaves

Method

1. Place ingredients into personal blender cup and secure blade assembly.

SMOOTHIE until program finishes.