

BERRY SMOOTHIE

A fast breakfast recipe for people on the move.

INGREDIENTS

- ½ cup of fresh or frozen berries
- 500 mL to 750 mL pure water or unsweetened soy milk
- Ice
- A tablespoon or two of natural yoghurt

METHOD

- Combine ingredients and blend. Serve in a tall glass.
- Can also sprinkle nutmeg on top for variation.



DETOX