



HEALTHY REFRESHMENT WITH A TASTE OF SPRING

TANGY ELDERBERRY-APPLE SMOOTHIE



Are you enjoying blossoming nature? So, with spring in the air, what better time for a tangy refreshment! Our elderberry-apple smoothie is quickly mixed in the kitchen - and it's not only delicious but healthy too.

INGREDIENTS (8 SERVINGS):

- » 1.4 kg apple puree (from a jar)
- » 100 ml elderflower syrup
- » 600 ml apple juice

- 01.** Mix the apple puree with the syrup and apple juice. Divide the mixture into two equal portions. Pour each portion in a shallow, freezer-proof dish, cover and place in the freezer.
- 02.** Let the mixture freeze for about 2 hours, stirring every 30 minutes. Or freeze the mixture in an ice-cream maker for about 35 mins.
- 03.** Blend the apple puree mixture with a hand blender.

ENJOY!