

Strawberry lemon shake

Drink

level 

 1

 3 min



Ingredients

200 ml	Fresubin Energy Fibre DRINK Strawberry
100 g	fresh strawberries
80 ml	fresh orange juice
40 g	sugar
60 ml	cream (30 % fat)
2 tea-spoons	lemon juice

Nutritional information per serving:

Energy	721 kcal
Protein.....	14.3 g
Fat	30.0 g
Carbohydrate	93.0 g
Fibre.....	6.4 g



Alternative products:

Fresubin® Energy DRINK
Fresubin® Protein Energy DRINK
Fresubin® Energy Fibre DRINK

Preparation

Purée the strawberries with a hand blender and add the lemon juice.

Pour in Fresubin Energy Fibre DRINK Strawberry, the orange juice, the sugar and the cream and mix for a couple of seconds.

TIP:

Substitute cream with milk, yoghurt or buttermilk.