

Winter flip

Drink

level 

 1

 3 min



Ingredients

1 sachet Calshake Vanilla
120 ml apple juice
120 ml full-fat milk (3.5% fat)
a pinch of cinnamon

Nutritional information per serving:

Energy 568 kcal
Protein 7.9 g
Fat 26.0 g
Carbohydrate 77.0 g
Fibre 0.0 g



Preparation

Put the milk and the cinnamon into a shaker and shake well. Add the apple juice and the Calshake Vanilla powder and shake once more.

TIP:

The milk and cinnamon mix even better if you use a milk frother.