

Strawberry mint shake

Drink

level 

 1

 3 min



Ingredients

200 ml	Fresubin Protein Energy DRINK Wild Strawberry
100 g	natural yoghurt (3.5 % fat)
50 g	strawberries
10 g	sugar
	fresh mint leaves

Nutritional information per serving:

Energy	428 kcal
Protein	24.3 g
Fat	17.0 g
Carbohydrate	42.0 g
Fibre.....	1.0 g



Alternative products:

Fresubin® Energy/Fibre DRINK
Fresubin® Energy Fibre DRINK

Preparation

Purée the natural yoghurt together with the Fresubin Protein Energy DRINK Wild Strawberry, the sugar, strawberries and the fresh mint leaves.

Chill for about 30 minutes in the fridge.

Serve cold with crushed ice as desired.

TIP:

Substitute
strawberries
with
raspberries.