

Vanilla peach shake

Drink

level 

 1

 3 min



Ingredients

200 ml	Fresubin Energy DRINK Vanilla
100 g	stewed peach (halved)
100 g	natural yoghurt (3.5 % fat)
10 g	sugar

Nutritional information per serving:

Energy	476 kcal
Protein	15.5 g
Fat	15.0 g
Carbohydrate	67.0 g
Fibre	1.1 g



Alternative products:

Fresubin® Original DRINK
Fresubin® Energy Fibre DRINK
Fresubin® 2 kcal/Fibre DRINK
Fresubin® Protein Energy DRINK
Fresubin® Energy Fibre DRINK

Preparation

Purée the peach together with the natural yoghurt, the sugar and Fresubin Energy DRINK Vanilla.

TIP:

Alternatively
use apricots.