

# Strawberry shake

Drink

level 

 1

 3 min



## Ingredients

|              |                                  |
|--------------|----------------------------------|
| 200 ml       | Fresubin Energy 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 .....        | 2.4 g    |



## Alternative products:

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

## Preparation

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

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

**TIP:**  
Alternatively use raspberries.