



Black Raspberry Smoothie

Makes approximately 24 fl oz

Ingredients:

7 oz Raspberries, fresh or frozen (defrosted)
10 oz Blackberries, canned in fruit juice
6½ fl oz *Milupa Ip Drink**
2 tsp Vanilla essence
4 tsp Clear honey



Preparation:

1. Place all the ingredients in a food processor and blend for 1 minute.
2. Sieve out the seeds and thoroughly chill before serving.

Nutritional Information

Nutrition Information	Calories	Protein, g	Phenylalanine, g	Valine, mg	Leucine, mg	Isoleucine, mg	Methionine, mg
Per recipe	432	6.8	20	30	60	30	10
Per 8 fl oz serving	144	2.3	6.7	10	20	10	3.3

*Loprofin