

# Tropical Twist Smoothie

Preparation time: 10 min

Serves: 2



## Ingredients:

- 1 Peeled and cored red apple
- 1 Cup papaya cubes
- 4 Tablespoons low fat strawberry yoghurt
- 1 - 2 Teaspoons honey (optional)
- 4 - 5 Level scoops Alula GOLD Kid powder
- 200 ml water
- 3 - 4 ice cubes



## Instructions:

- 1 Place the apple, papaya, yoghurt and water in a blender.
- 2 Sprinkle Alula GOLD Kid powder over the ingredients.
- 3 **Optional:** Add honey for sweetness.
- 4 Add ice cubes.
- 5 Blend until smooth.
- 6 Adjust sweetness or thickness as needed.
- 7 Serve immediately.

SMOOTHIES