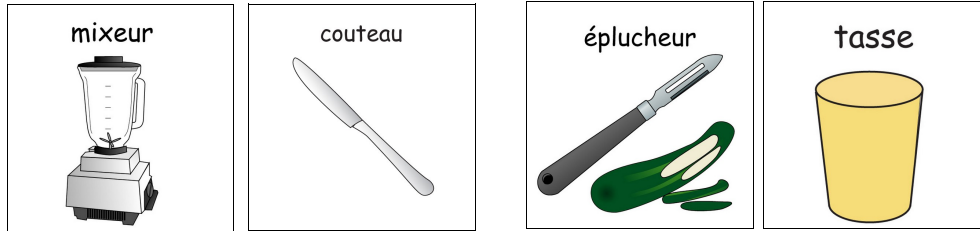


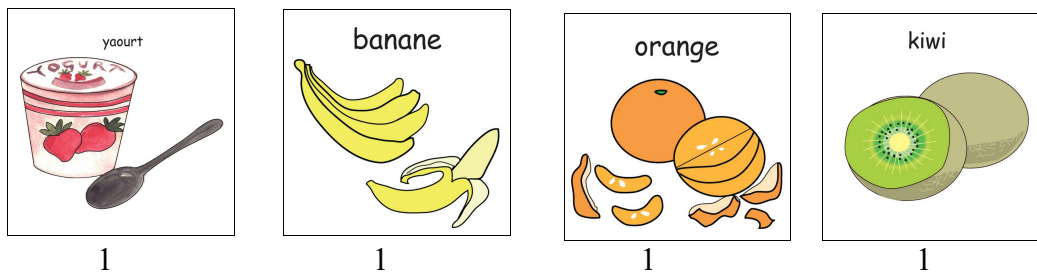
SMOOTHIES

banane, orange, kiwi
pour 3 verres

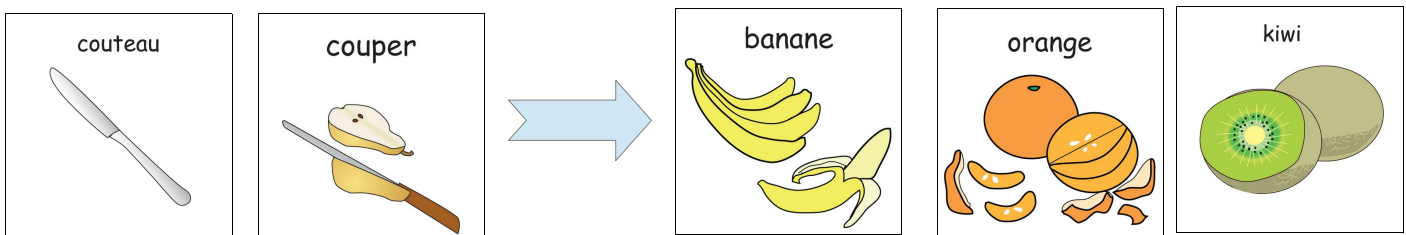
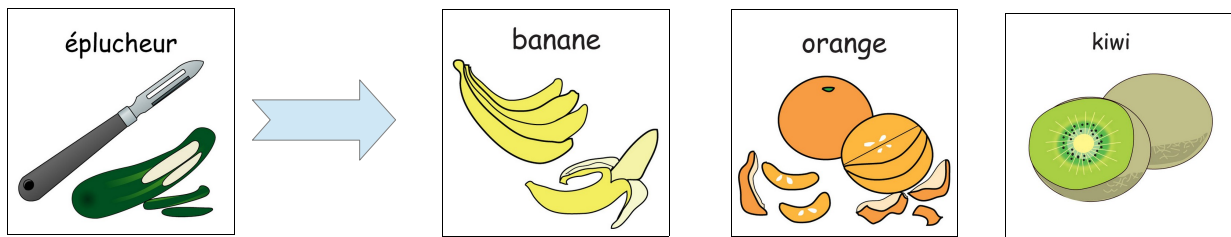
Matériel :



Ingrédients :



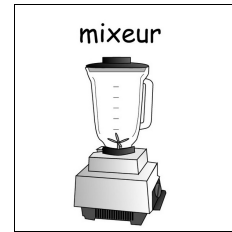
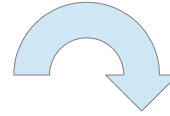
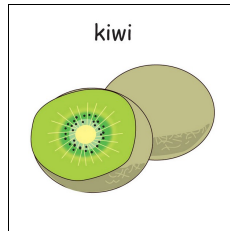
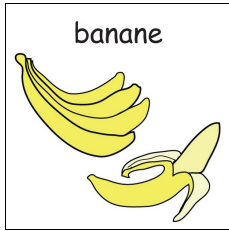
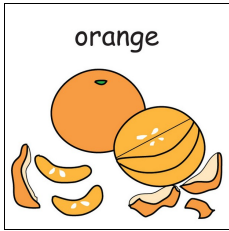
Préparation :



Mettre le yaourt dans le blender

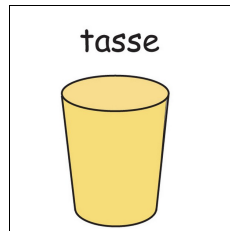
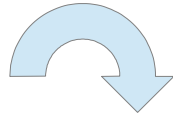
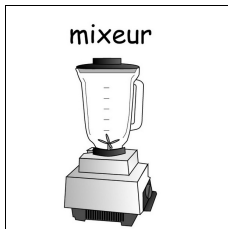


Mettre les fruits coupés dans le blender



Mixer à la vitesse maximum

Servir la préparation dans des verres



Déguster

