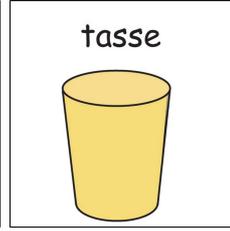
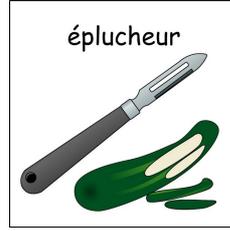
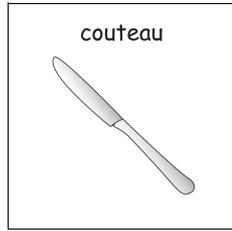
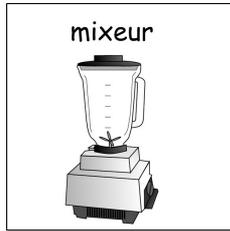


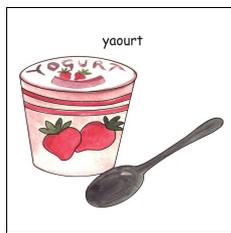
# SMOOTHIES

banane, orange, ananas  
pour 3 verres

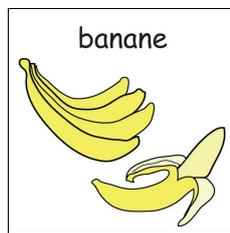
Matériel :



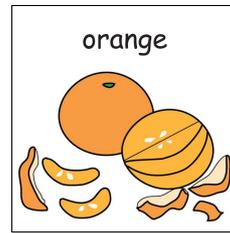
Ingrédients : vous pouvez ajouter du gingembre frais, et remplacer l'orange par une orange sanguine



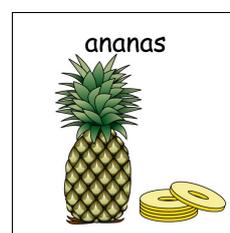
1



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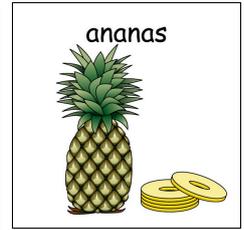
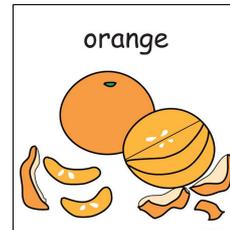
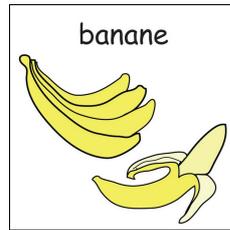
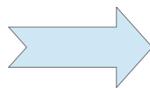
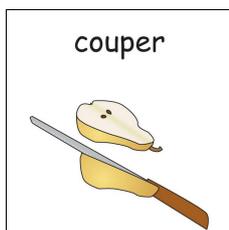
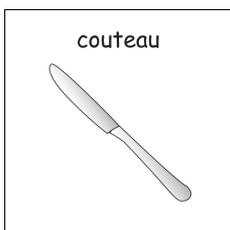
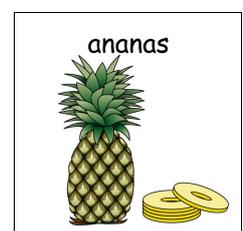
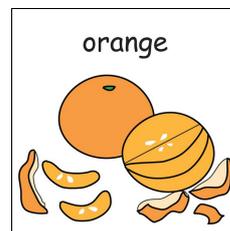
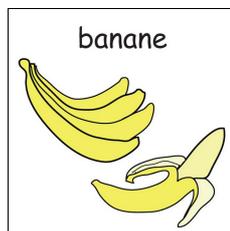


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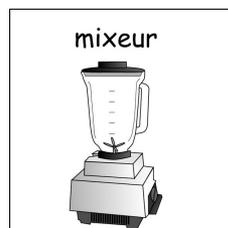
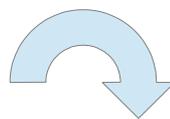
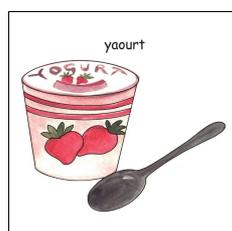


½ (la moitié)

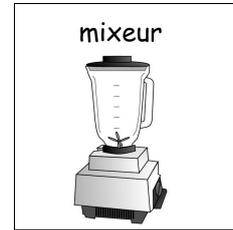
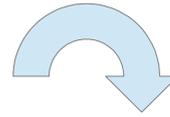
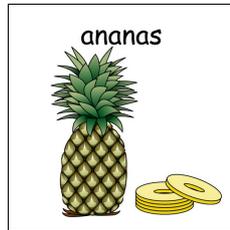
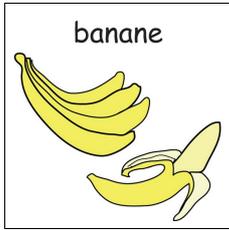
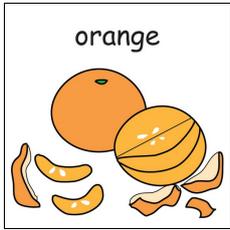
Préparation :



Mettre le yaourt dans le blender

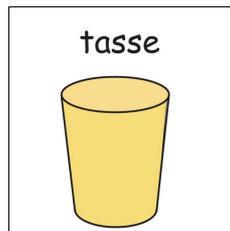
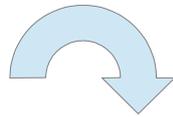


Mettre les fruits coupés dans le blender



Mixer à la vitesse maximum

Servir la préparation dans des verres



Déguster

