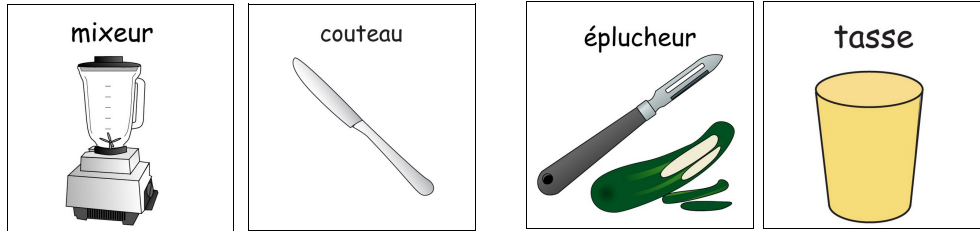


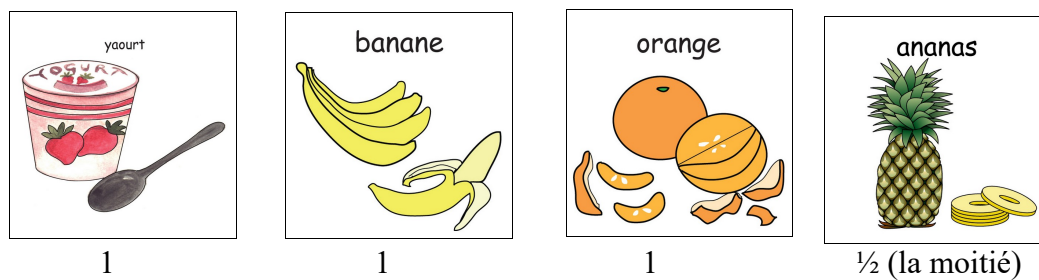
SMOOTHIES

banane, orange, ananas
pour 3 verres

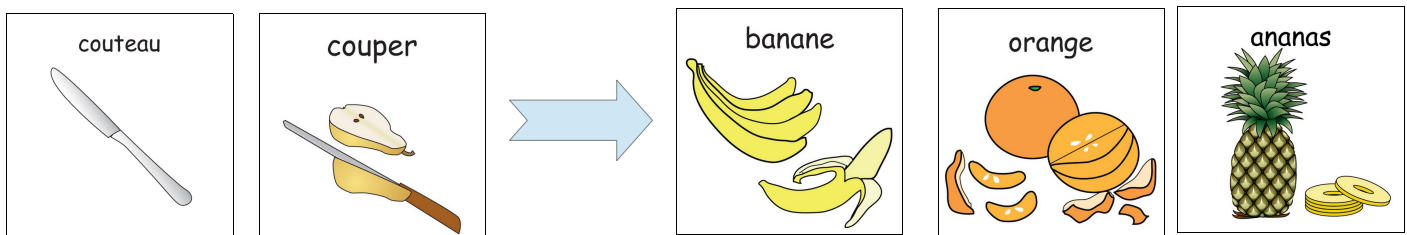
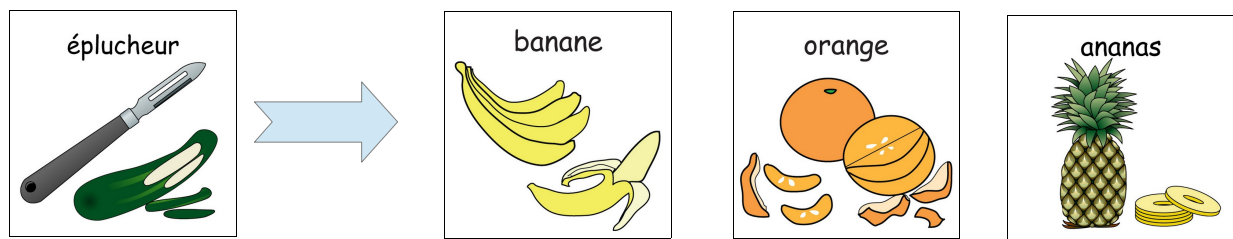
Matériel :



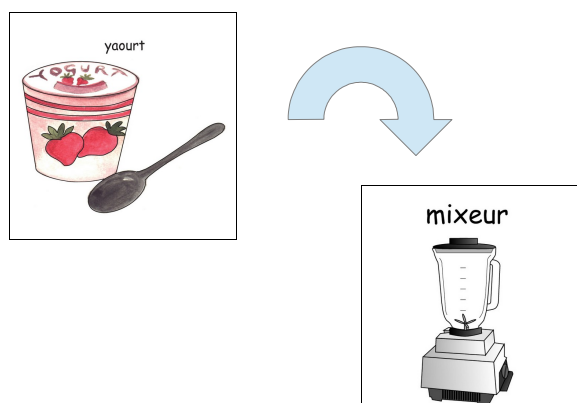
Ingrédients : vous pouvez ajouter du gingembre frais, et remplacer l'orange par une orange sanguine



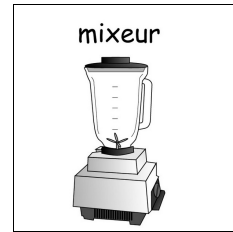
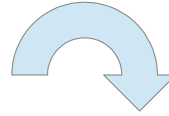
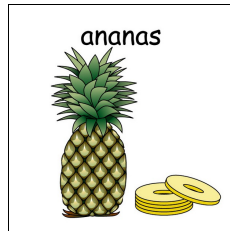
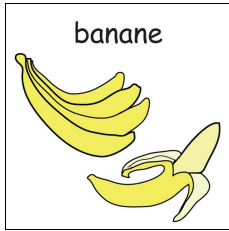
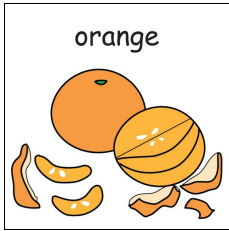
Préparation :



Mettre le yaourt dans le blender

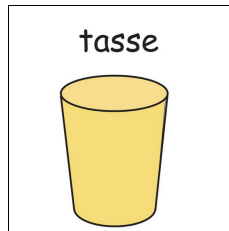
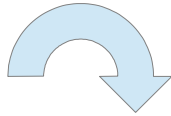


Mettre les fruits coupés dans le blender



Mixer à la vitesse maximum

Servir la préparation dans des verres



Déguster

