

Bellini Style

Total: 5 min · Prep: 5 min · 1 servings · Easy · Smoothies

Vegetarian

Gluten-Free



INGREDIENTS

100 g Nectarine

50 g Apricot

50 g Peach

50 g Mango

25 g Carrot

150 ml Coconut milk (liquid)

INSTRUCTIONS

- 1 Prepare the ingredients: cut the nectarine, apricot, peach, mango, and carrot into pieces.
- 2 Place all the prepared fruits and carrot in a blender.
- 3 Add the liquid coconut milk (or yogurt, or water with honey).
- 4 Blend all ingredients until smooth.

Nutrition per serving: 230 kcal · Protein 4.0 g · Fat 8.0 g · Carbs 38.0 g · Fiber 3.2 g