

Blackberry

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

Vegetarian



INGREDIENTS

50 g Blueberry

50 g Banana

50 g Sweet cherry (or sour cherry)

50 g Mulberry (or blueberry)

5 g Oats

120 g Drinking yogurt

3 pc Activated charcoal

INSTRUCTIONS

- 1 Place the blueberries, banana, cherries (or sour cherries), mulberries (or blueberries), oats, and drinking yogurt in a blender.
- 2 If using activated charcoal, add 3-6 tablets (optional).
- 3 Blend all ingredients until smooth.

Nutrition per serving: 207 kcal · Protein **7.0 g** · Fat **3.0 g** · Carbs **43.0 g** · Fiber **4.9 g**