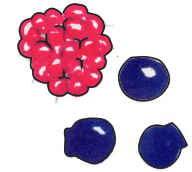
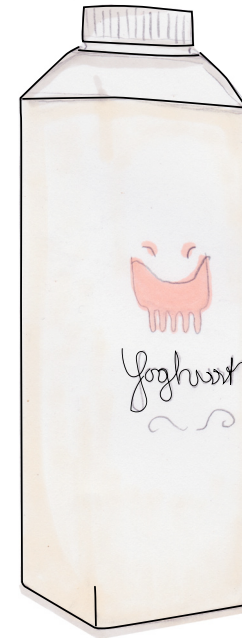
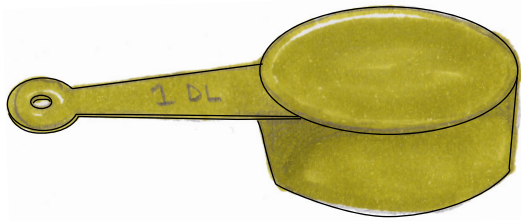




**Smoothie**



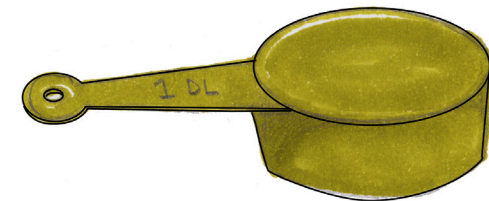
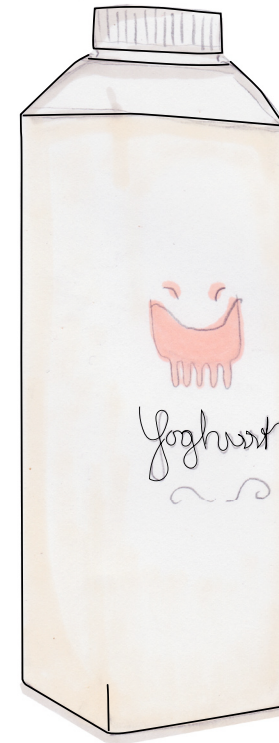
**Ingredienser**



**Redskap**



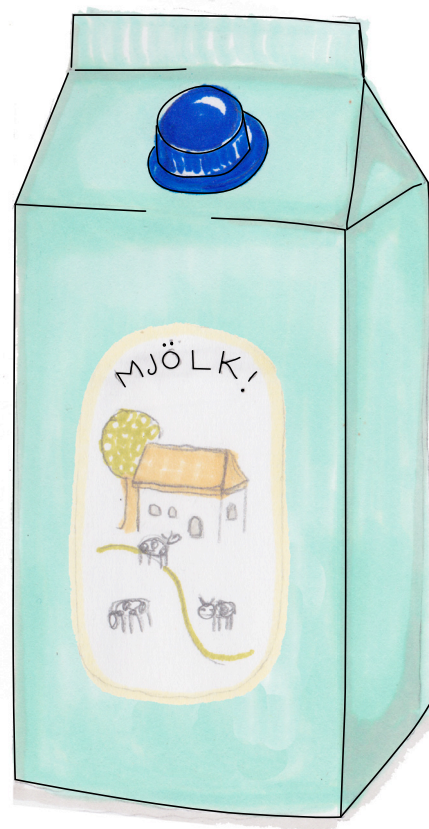
1



**HÄLL 1 deciliter  
yoghurt i ett glas.**



2



**HÄLL** i 2 matskedar mjölk.



3



**LÄGG** i 1 matsked bär.



4



**HÄLL** i 1 tesked strödadlar.



5



**BLANDA** med en sked.



6



**SERVERA.**