

美味乳酪飲 Delicious Smoothie

材料 Ingredients:

香蕉 banana	1
乳酪 Activia yogurt	1 小杯
草莓、藍莓、桃、鳳梨或其他水果	3 湯匙
Berries (strawberry, blueberry, raspberry, blackberry), peach or other fruits	
甘藍菜 Kale	1 - 2 片葉
生合桃、松子仁或其他果仁	數粒
熱水	1 小杯

做法 Method:

把以上材料切小塊放進攪拌器，最後加入熱水，攪拌 1 分鐘成奶昔狀，享受美味。最好 15 分鐘內飲完避免養分因氧化消失。

Cut above ingredients into smaller pieces and place in blender. Add hot water and immediately blend for 1 minute into smoothie. Enjoy. Consume within 15 minutes to prevent loss of nutrients from oxidation.