

RED MARVEL SMOOTHIE



Time
8min



Servings
2

Calcium Recommended Daily Intake
8%

Calories
280

Calcium
119mg

Protein
5g

Vitamin D
0 IU

Ingredients

- 200g raspberries
- 50g SUNSWEET® prunes
- 1 tbsp soluble oats
- 250ml cranberry juice
- 1 tsp lemon juice
- 150g blueberry yoghurt
- 1 tbsp maple syrup

Instructions

1. Rinse the raspberries. Cut the prunes into quarters, place both fruits into a blender with the soluble oats, cranberry and lemon juice and blend until smooth.
2. Fold blueberry yoghurt into the mixture. Dilute with a little mineral water if necessary and add maple syrup to taste.



Find more calcium rich recipes:
<https://www.osteoporosis.foundation/patients/recipes>

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