

# VEGAN SMOOTHIE

# BLACKCURRANT

An excellent recipe for your breakfast: a vegan blackcurrant smoothie. It is one of the recipes of the Best of Cassis Smoothie contest 2017. The participants had to use blackcurrant concentrate in their recipes. You may, of course, not be able to buy this in a shop. But blackcurrant concentrate is nothing more than what it says: concentrated blackcurrant juice. You can simply replace it with the double of the amount of pure blackcurrant juice. Keep in mind: pure blackcurrant juice does not contain any added water or sugar!



preparation of a vegan  
blackcurrant smoothie

## **Ingredients:**

*for 1 liter*

400g raspberries

200g bananas

100g blackcurrant concentrate (or 180g pure blackcurrant juice)

500ml almond milk

**PREPARATION:**

Mix well all the ingredients in a blender. Pass the smoothie through a sieve in order to retain the raspberry seeds.

*Recipe by Baptiste*



Baptiste,  
proud of  
his vegan  
blackcurra  
nt  
smoothie