

# VEGAN BLACKCURRANT SMOOTHIE

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