

Winter Blackcurrant Smoothie

This is a winter blackcurrant smoothie recipe. 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!



Ingredients for Winter blackcurrant Smoothie:

for 1 liter

3 apples (little sour, like Chanteclerc or Granny Smith)

1 banana

450ml apple juice

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

3 pinches of cinnamon

PREPARATION:

Mix well all the ingredients in a blender.

Recipe by Diane



Diane in
front of
her
blender
with winter
blackcurra
nt smoothie