

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
blackcurrant
smoothie