

Healthy fruit smoothie

0,5 l of KaMos buttermilk
300 g of strawberries, raspberries,
blueberries and kiwi fruits
3 tablespoons of brown or birch sugar



Preparation:

Pour in half of the buttermilk and mix with the fruits and sugar. Then add the rest and mix again.

Good tip:

You can replace buttermilk with kefir or milk and strawberries with other fruits. A smoothie is a wonderful idea for a healthy lunch. It gives you energy (birch sugar absorbs more slowly than regular sugar) and it is not fattening. It is also suitable for diabetics.

Enjoy!