

# Fruity Frosty Smoothie

## Ingredients:

- 1 bottle Resource® Energy – Strawberry-Raspberry flavour
- 2 tablespoons frozen Summer Fruit mixture
- 1 scoop Vanilla ice cream



1-2 SERVINGS

## Method:

- Allow the frozen fruit to defrost for 10 minutes.
- Put all the ingredients together in a liquidiser or food processor and blend until smooth. Serve with ice.

## Alternative suggestion:

Resource® Protein Forest Fruits or Strawberry or Resource® 2.0 Fibre Summer Fruits can be substituted for Resource® Energy in this recipe.