

Breakfast Smoothie

Calories: 32 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 15.00 g Cream
- 1.00 whole Egg
- 100.00 g Strawberries
- 1.00 sachets Ultra Lite strawberry sachet
- 0.50 cup Water

Instructions

1. Blend all ingredients together in a blender until combined and smooth.
2. Either drink as is, or freeze smoothie in an icy pole mould for a delicious dessert.