

RED BERRY SHAKE



Magazine
Ago. | Set. 12

Images: Longevity Wellness Resort
Chef: Jan Stechemesser



30
min



Easy

INGREDIENTS

- 200gr of Red berries
- 10gr Ginger peeled and grated
- 4 Mint leaves
- Greek yogurt

METHOD

Mix the ingredients together in a blender with a bit of the Greek yogurt until smooth • Pour in the rest of the Greek yogurt until the shake has thickened • Serve with ice cubes