

Less than 30 minutes

Serves 1-2

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Ingredients:

- 1 bottle (300ml) Sir Fruit apple, beetroot and raspberry juice
- 1 packet (200g) frozen raspberries
- 3 Tbsp (45ml) PnP plain double cream yoghurt

Method

1. Blitz all ingredients together until smooth.
2. Pour into 1-2 glasses and serve.

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