

## Recipe



## Smoothies 16oz

## **Ingredients:**

1/2 Cup of Frozen Fruit of your Choice

25gms Naked Syrups Frappe Base

Milk Of your Choice

## Method:

Fill 1/2 Cup of milk of your choice

Add ½ Cup of the frozen fruit

Add to blender

Add 25gms of Naked Syrups Frappe Base

Blend for 30 seconds & serve