



# 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

Naked  
syrups