



# Orange Hazelnut Smoothie

## Ingredients

- 1 bottle of *Fresubin PRO Drink Hazelnut*
- 1 orange
- 1 slice of ginger
- 1 stalk of fresh mint
- 1-2 ice cubes
- 1-2 *teaspoons* honey or sugar to taste

1 Peel the orange and also remove the pith. Chop the orange up. Peel and dice the ginger. Wash the mint. Shake it dry and pluck off the leaves. Leave the tip of the mint stem intact for decoration.

2 Finely puree the orange pieces, *Fresubin PRO Drink Hazelnut*, ginger, mint leaves and ice cubes in a blender. Sweeten to taste with honey or sugar.

Pour the smoothie into a tall glass. Decorate with the mint and serve it with a straw if you like.

*If you don't have fresh mint, you can also use ½ tsp dried mint - from a tea bag, for example.*

## Nutritional Information Per Portion of Prepared Recipe

Protein	30g
Fat	19g
Carbohydrate	61g
<b>Total</b>	<b>553kcal (2,320kJ)</b>

Fresubin  
PRO Drink  
Hazelnut



1  
portion



15  
min

